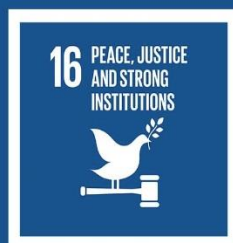




# COMPENDIUM ON SUSTAINABLE DEVELOPMENT GOALS 2023

## SDG 16 – PEACE, JUSTICE AND STRONG INSTITUTIONS



**Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels**

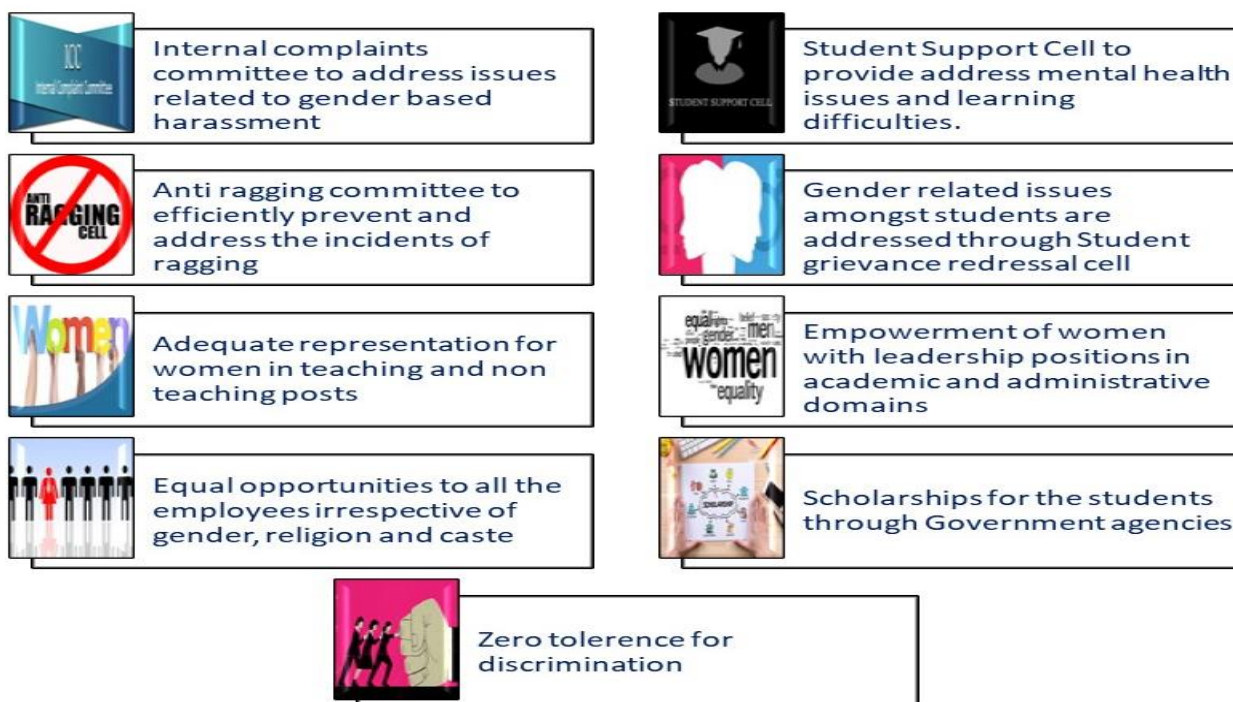
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## INTRODUCTION

SDG 16 aims at improving people's lives by reducing any kind of violence, facilitating access to justice, and promoting effective, accountable, & inclusive institutions. Strong, effective, transparent, and accountable institutions are essential for sustainable development and are critical for governments to provide services to their citizens. Strengthened institutions, rule of law and enforcement contribute to support the implementation of multi-lateral environmental agreements and progress towards internationally agreed global environmental goals. A better understanding of the links between environment and human security is essential for effective conflict prevention, post-conflict reconstruction and promotion of peaceful and inclusive societies. It is of utmost importance to ensure justice to all in order to build strong nation.

### BRIEF OF ACTIVITIES:



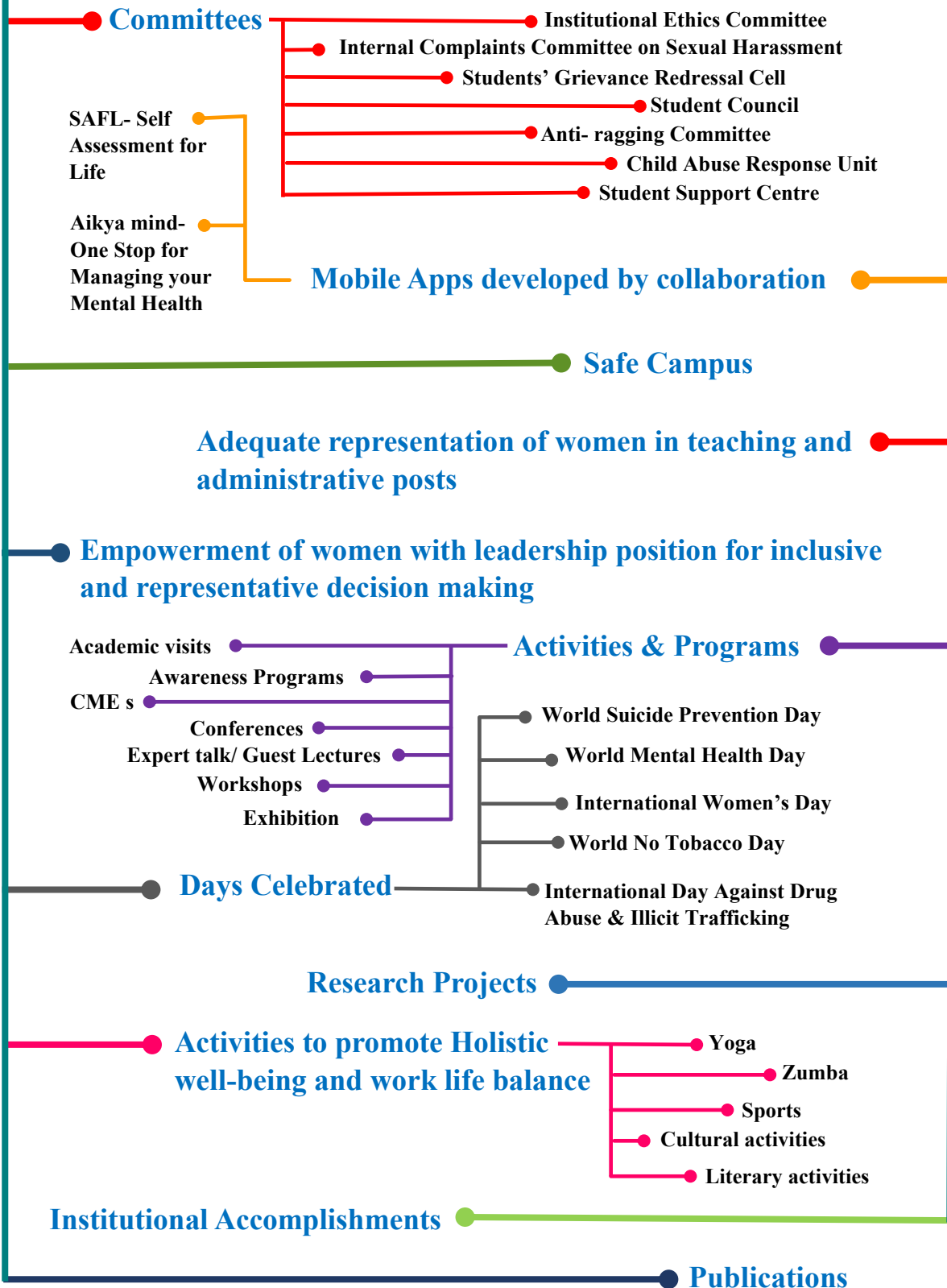
## **OUR INITIATIVES FOR PEACE, JUSTICE AND STRONG INSTITUTIONS (SDG 16)**

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

- Inclusive Education for all individuals
- Engaging Local Stakeholders
- Human rights education
- Student-led organizations
- Governance and accountability
- Support for developing/underdeveloped countries
- Community engagement

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

# Efforts of JSSAHER towards Peace, Justice, and Strong Institutions



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

### **Institutional ethics committee**

Institutional Ethics Committee (IEC) at JSS Medical College was initiated in 1993.

The research involving human participants are reviewed by the Ethics Committee to keep the research within the ethical framework and standards. IEC upholds the task of reviewing all scientific, ethical, medical and social aspects of research proposals received by it in an objective, timely and independent manner by regular meetings, discussions and deliberations. The IEC serves to protect the rights, safety and well-being of the research participants.

IEC, JSSMC is involved in ethical review and approval of both the academic and regulatory clinical research proposals and functions as per the SOPs framed following the regulatory NDCT (New Drugs and Clinical Trial) 2019 guidelines and ICMR ethical guidelines for biomedical and health research involving human participants 2017.

The IEC full board meetings are scheduled once in 6-8 weeks while expedited meetings with the minimum quorum members are conducted to address serious adverse events (SAEs), protocol deviations or during any exigency. The members undergo regular in-house as well as external trainings to update on the regulatory and ethical guidelines and responsibilities. The members are actively involved in the trial site monitoring at the JSS Hospital of each ongoing trial every quarterly/ bi-annually for key issues like the informed consent administration, subject enrolment, corrective/ preventive actions for protocol deviations or for any other ethical demands of the trials

IEC, JSSMC was registered under the Regulatory agency, CDSCO (Central Drugs Standard Control Organisation) in 2013. From then the IEC has been timely re-registered every 3 years i.e., 2016, 2019, and June 2022 by fulfilling all the regulatory requirements of CDSCO. The present committee with half of its renewed members is registered under CDSCO for a period of 5 years from June 2022- May 2027 under the Member secretary Dr Prathima C.

Also, our Ethics Committee is Provisionally registered for 3 years under National Ethics Committee Registry for Biomedical and Health Research (NECRBHR), Department of Health Research (DHR) since May 2022 for the approval of Biomedical and Health Research under the Member secretary Dr Shivaprakash.

NABH Quality Accreditation of IEC, JSSMC: - Our IEC received NABH Accreditation in April 2018 and was re-accredited in March 2021. Further NABH surveillance was also successfully conducted on October 28<sup>th</sup> 2022 with minimal non-compliances (NCs) indicating our quality improvement.



**NABH Surveillance Inspection, October 28<sup>th</sup> 2022: EC Members, Dr. Basavanagowdappa H- Principal JSSMC and Dr Suma MN, Vice-Principal JSSMC, along with the Principal assessor Dr Devidas Bhalerao of Pune.**



**NABH Surveillance close-out meeting: EC Members with the Principal assessor, Dr Devidas Bhalerao.**

IEC-1 of JSSMC is monitoring clinical trials, including post-marketing, medical devices, ICMR (Government)- initiated clinical trials as well as international & national funded projects. Additionally, IEC for academics, JSSMC monitors the ethical requirements for academic studies of internal as well as external collaborative projects. Presently we have about 26 ongoing clinical trials including 3 medical devices post-marketing surveillance studies.

Structure of IEC: IEC, JSSMC is a multi-disciplinary and multi-sectoral team of 13 members with adequate representation of age and gender and balance between medical and non-medical as well as affiliated and non-affiliated members. IEC office as well the documentation section is located in II Floor, JSSMC.

Dr. M. Srinivasa, Senior consultant, Kamakshi Hospital, Mysore is the Chairman of the IEC.

Dr. C. Prathima, Associate Professor of Pharmacology is the member secretary of IEC-1, JSSMC. Dr Shivaprakash, Associate Professor of Anatomy, JSS Medical College, Mysore is the member secretary of IEC-2 for academics, JSSMC.

Dr Pratibha Pereira Professor and Head, Dept of Geriatrics, JSS Medical College & Hospital and Dr.Srinath K.M, Professor, Dept of General Medicine, JSS Medical College & Hospital are the clinician members.

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

Smt. Sudha Phaneesh Secretary, Samarpana Trust, J.P. Nagar, Mysuru and Smt.H.S. Sandhya, Treasurer of Inner wheel club of Mysore Mid town are serving as Social Scientists.

Sri. R.S. Nagaraj, Secretary, Shree Vanamali Charitable trust, Mysore and Dr. Sathyanarayana Mamatha, Assistant Professor, Department of Hindi, De Paul Degree College, Mysore are serving as laypersons. Mr. Palaksha and Mr. Nithin are the legal experts, Dr. Sri Harsha Chalasani, Assistant Professor, Dept of Pharmacy Practice, JSS College of Pharmacy, Mysore is the Scientific member. Mrs Esther Sushmitha is the coordinator of the EC. Every member of the committee has been competent and has contributed to the effective conduct of all IEC activities with adequate institutional support.



IEC Members with the coordinator and supporting staff members

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### Internal Complaints Committee on Sexual Harassment

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

#### Objectives

Prevent discrimination and sexual harassment against women by promoting gender equality among students and employees.

Make recommendations to the Chairperson for changes in the rules for students in the prospectus and the bye-laws, to make them gender-just and to lay down procedures for the prohibition, resolution, settlement, and prosecution of acts of discrimination and sexual harassment against women, by the students and the employees.

Deal with cases of discrimination and sexual harassment against women, in a time bound manner aiming at ensuring support services to the victim and termination of the harassment.

Recommend appropriate punitive action against the guilty party.

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### Student's Grievance Redressal Cell

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

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### **Student Council**

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

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### **Anti -ragging committee**

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

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### **Child Abuse Response Unit**

The Child Abuse Response Unit was officially launched at JSS Hospital in November 2016.

The objective of this unit is to provide care in a manner that complies with regulations and ensure safety of the child who is suspected or is reported to have been a victim of Child abuse.

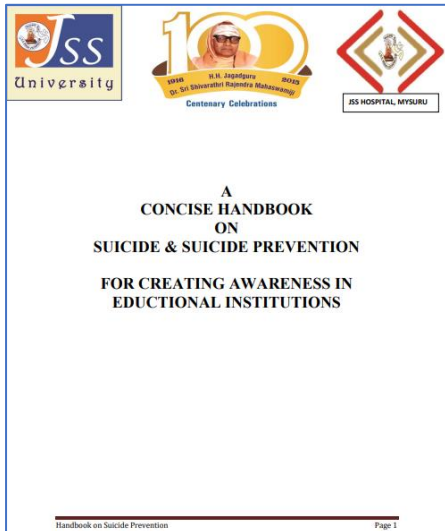
Various departments like Paediatrics, Obstetrics and Gynaecology, Psychiatry, Forensic Medicine, Emergency medicine and nursing team are the part of this initiative who join forces following a single alert. A multi-disciplinary team is sensitive to the different problems and the whole process is kept confidential. Those patients who require such care, are immediately shifted to a private room and a neutral environment is created and one screening is conducted and forensic samples are collected. No multiple examinations are done thus minimizing the trauma to the patient. All the team members are trained in counselling, treatment, and well versed with legal aspects pertaining to such cases.

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### **Student Support Centre**

Student Support Center (SSC) is formed at JSS AHER, Mysuru with the support of the Department of Psychiatry and the Department of Clinical Psychology.

Student Support Center (SSC) provides free and confidential direct individual counseling services for a variety of concerns including, stress, burnout, time management, relationship problems, anxiety, depression, and other matters related to a student's overall mental well-being. The center also provides resource information on wellness topics and is responsible for student outreach programming designed to reduce stress and improve overall well-being.



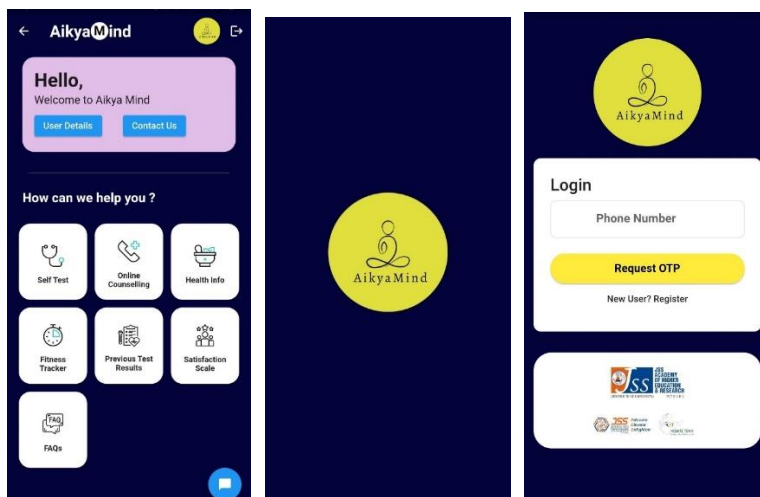
It aims to provide comprehensive services under one roof to the students/staff. JSS AHER is a university that is constantly striving to maintain international standards of excellence, certainly in academic output, but equally in the holistic emotional, mental, and physical well-being of its students/staff. The World Health Organization has identified depression as the single largest contributor and the leading cause of mental and physical disability across the world. It is the second leading cause of death (by suicide) in the 15 - 29 years age group. According to the National Crime Records Bureau, a suicide is committed in India every five minutes and a third of all suicides in India fall within this age group. The Student Support Centre has linked with the WHO campaign on raising awareness around mental health and aspires to contribute to public education about issues that affect young people, such as sexual abuse, suicide, and substance abuse. etc.

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

## Mobile Apps developed by collaborative work

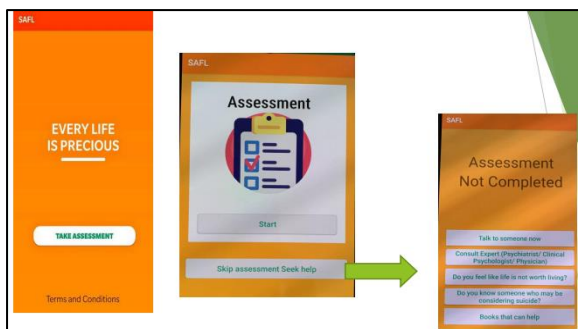
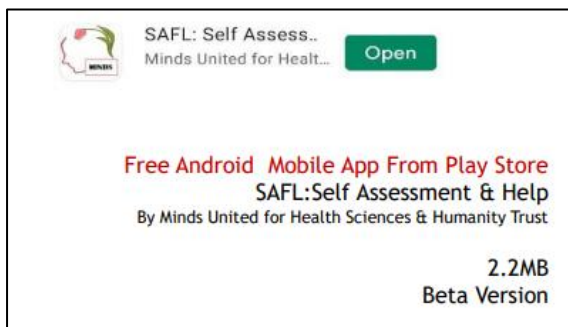
### **AikyaMind - One-Stop Shop for Managing Your Mental Health.**

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



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

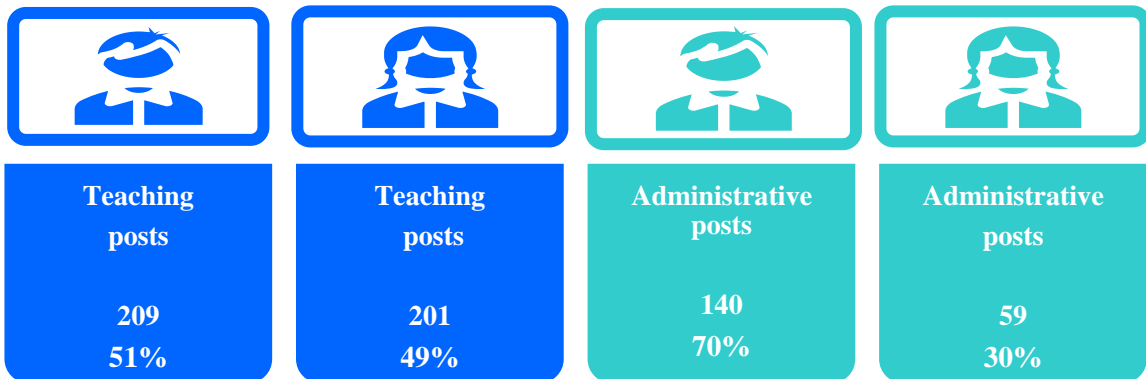
Psychiatry Team (Faculty & PGs), Doctors, Public Representatives and Software Development Team discussed and followed WHO Suicide Risk Assessment Guidelines, Mental Health Care Bill 2017 components to develop the App. Help Lines were used in the development of the App. Funds from National Conference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



## Safe Campus

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

## Adequate representation of women in teaching and administrative posts



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



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



**Dr. Pratibha Pereira**  
Professor and Head  
Department of Geriatrics



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



**Dr. Rjalakshmi R**  
Professor and Head  
Department of Physiology



**Dr. Sheeladevi CS**  
Professor and Head  
Department of Pathology



**Dr. Archana KN**  
Professor and Head  
Department of  
Anaesthesiology



**Dr. Tejashree A**  
Professor and Head  
Department of Microbiology



**Dr. Mamatha S**  
Professor and Head  
Department of OBG



**Dr. Brinda Basavaraju**  
Professor & Head of  
Emergency Medicine



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



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



**Dr. Archana**  
Assistant Professor  
of Anaesthesia  
Skill lab in charge



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



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



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



**Dr. Deepa Bhat**  
Professor of Anatomy  
Genetic Counsellor



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



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



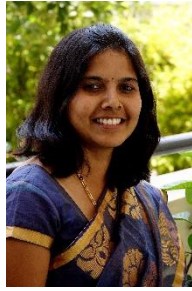
**Dr. Pushpa.N.B**  
Associate Professor of  
Anatomy  
Member secretary  
Literary & Magazine  
committee



**Dr. Vijaya Vageesh**  
Associate Professor of  
Physiology  
Joint Secretary Academic  
Society



**Dr. Kalabharathi H L**  
Professor of  
Pharmacology  
Chairman  
Cultural committee



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



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



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

## Activities and Programs

### Academic Visits

#### Academic Visit: Students of JSS Law College on 19/07/2022

37 students of 6th Semester B.A. Criminology and Forensic Science, St.Philomenas College (Autonomous) Mysuru visited the Department of Forensic Medicine and Toxicology. They were accompanied by Mr. Francis Devasahayam, Assistant Professor and H o D, Criminology and Forensic Science and Ms.Alvira, Faculty. They were briefed about the departmental activities and given a demonstration of the Medicolegal Autopsy. They visited the Wet Specimen Museum, Moot Court Hall, Photographic Museum and other facilities.



Academic visit :  
Students of St.  
Philomena  
college, Mysuru  
on 18/07/2022

#### Academic Visit: Students of JSS Law College on 19/07/2022

50 Students of B.A.L.L.B and B.B.A.L.L.B, JSS Law College (Autonomous) Mysuru paid a visit to the Department of Forensic Medicine and Toxicology on 19<sup>th</sup> July 2022. The purpose of the visit was to have first hand account of evidence handling in Medico Legal cases. They attended a medicolegal autopsy and learnt the modes of collection of samples in cases of medicolegal significance. In addition to this, they were given a tour of the facility, which included the Moot Court Hall, Photographic Museum, wet Specimen Museum and the Forensic Science laboratory. They were escorted by Mr. Pranav Nair, Assistant Professor, Ms. Sneha Jagdish and Mr.Pramod Kumar, Faculty.



Academic visit : Students of JSS LAW college on  
19/07/2022

### **Academic Visit: Students of Government First Grade College, Krishnarajanagar on 28/07/2022**

63 Students of B.A. Criminology and Forensic Science from Govt. First Grade College, Krishnarajanagar visited the Dept. of Forensic Medicine and Toxicology on 28.07.2022. They were briefed on the role of the department, services offered to the Police Department. They visited the facilities such as moot Court, Photographic Museum, Wet Specimen Museum and the Mortuary. They were accompanied by Mrs. Supriya C, Assistant Professor.



### **Awareness Program**

#### **Tobacco, alcohol, ghutka, etc. Awareness Programme on 27/12/2022**

'Education through Service' is the sole purpose of the national service scheme. Based on this philosophy we are organizing several NSS programmes to reach the bottom billion unprivileged population by conducting diversified social activities. The NSS wing of JSS Medical College, Mysuru had organised the programme, about educating the slum population about **“Deaddiction awareness on Tobacco, Alcohol, Gutkha, etc”** held on 27th December 2022. The programmes took place under the jurisdiction of Urban Health Centre (UHC) Medhar Block, Bamboo bazar, Mysuru. The programme was organised with the support and cooperation from the faculty of department of Community Medicine, JSS Medical College, Mysuru. The NSS team was thoroughly guided by Dr. Sunil D, (Professor and Head), and Dr. Smitha (Assistant Professor) from the community medicine and the UHC health inspectors Mr. Sunil Y.S. and Santhosh H.P. of urban health centre, Medhar block, bamboo bazar, Mysuru.

Twenty-one students from the various departments of the JSS medical College, Mysuru, were actively involved in the programme. They made a house to house visit and covered about 150 houses in the region. They displayed number of charts and images to sensitize and communicate with the different strata of people in that region. Students and family members (residents) were mutually engaged in personal interactions and discussions. People showed keen interest by actively involving our NSS volunteers by engaging them in deep conversations about various topics including, drug deaddiction, its facilities, approach, its cost.

The programme was coordinated by Dr. Ravishankar M.V. (NSS Programme Officer, JSS Medical College) and Dr. Manu G. (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs.





## CME Program

### FORENSIC UPDATE – 2022 on 8<sup>th</sup> July 2022

Department of Forensic Medicine and Toxicology of JSS Medical College had organized one-day CME and panel discussion in virtual mode on contemporary issues and recent advances in the fields of Forensic Medicine and Forensic Sciences “FORENSIC UPDATE 2022” on 8<sup>th</sup> July 2022. The CME was inaugurated by Dr.B.Manjunatha, Registrar, JSSAHER. Dr.Suma M N, Vice Principal, JSS Medical College was the guest of honor. Dr.Arun.M, Professor & HOD, Dept. of Forensic Medicine delivered the welcome note. As a part of this CME, guest speaker from Rashtriya Raksha University, which is a Pioneering National Security and Police University of India delivered a key note address.



### The highlights of CME:

List of invited speakers and the topic of deliberation were as follows;

1. Dr. Mahesh A Tripathi, Assistant Professor (Psychology) School of Criminology and Behavioral Sciences, Rashtriya Raksha University, Lavad, Gandhinagar, Gujarat, India.  
**Topic - Application of Behavioral Science in crime detection.**
2. Dr. J R Gaur, Director, School of Forensic science and Risk management (SFSRM) - Rashtriya Raksha University, Gandhinagar  
**Topic –Utility of Forensic Serology in Crime investigations : My Experiences.**

3. Dr. O P Jasuja, Professor, Department of Forensic Science, Chandigarh University, Punjab. **Topic: Advances in Forensic Dermatoglyphics.**

The scientific deliberations were followed by panel discussion on the theme: **Recent Advances in Crime Investigations**

Dr.Chandrakanth HV, Professor, Dept of Forensic Medicine gave a brief overview of the panel discussion.

Sl. No	Topic	Panellist
1	Crime Scene Documentation	Dr. GB Aravind, Associate Professor of Forensic Medicine, JSSMC, JSSAHER, Mysuru
2	Management of Biological Evidence in Crime Scene	Dr. Pramod Kumar GN Professor and Head of Forensic Medicine, Karwar Institute of Medical Sciences, Karwar
3	Expectation from Prosecution in Scientific Evidence Presentation	Mr. RM Ganjigatti Deputy Director of Prosecution Karnataka Police Academy, Mysuru

Dr. Nagesh KR, Professor of Forensic Medicine, Father Muller's Medical College, Mangaluru was the Moderator of the Panel discussion

Panel discussion was followed by question and answer session, wherein the queries raised by the delegates were addressed. Dr.Smitha Rani, Assistant Professor, Dept of Forensic Medicine proposed vote of thanks. Miss. Ayushi Samal, 2<sup>nd</sup> year MBBS student was the master of the ceremony. The total number of delegates registered for this virtual CME programme was 210, which included Medical Doctors, Police Officers, Criminology and Forensic Science students and staff of various institutions across the country and abroad.



## **Conferences**

### **Fifth Edition of National Undergraduate Medical Conference – Asclepius 2022 held at JSS Medical College Mysuru from 18/10/2022 to 21/10/2022**

The first ever Model United Nations- JSS Medical College MUN was organized as a part of Asclepius 2022 on 20<sup>th</sup> and 21<sup>st</sup> of October 2022. More than 100 students from various medical colleges across the country participated in the mock UN- WHO assembly focusing on various issues of national and international concern like universal health coverage, sustainable development goals, mental health and challenges in health care delivery system. The JSS-MUN was inaugurated by Dr Sudhir Nayak, WHO-Surveillance Officer of Mysuru district and deliberated on importance of international relations in health and wellbeing. He appreciated the efforts of students in learning the skills of democratic dialogue exchanges in mock forums like Model United Nations. Dr Suma M N, Vice Principal, JSS Medical College in her presidential remarks emphasized on the importance of communication, interpersonal relationships, leadership skills, professionalism, democratic problem-solving skills in medical profession. She also related how MUNs can help the students acquire these skills in a more holistic manner. Dr Praveen Kulkarni, faculty coordinator, Mr. Debabrata Sahu, Director General of Mock MUN and other office bearers of Mock MUN were present on this occasion.

### **KAMLSCON – 2022 on 25<sup>th</sup> & 27<sup>th</sup> Nov.2022**

The Department of Forensic Medicine and Toxicology, JSS Medical College, JSS Academy of Higher Education and Research, Mysuru, Karnataka, had conducted TWO Days State Level Conference on the theme 'Collaborative Forensics' at JSS Academy of Higher Education and Research, Mysuru.

Inaugural ceremony was held on 25<sup>th</sup> of November 2022 at Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru. The Conference was declared open by the Chief Guest, Honorable Justice KN Phaneendra, Former Chief Justice of High Court of Karnataka and Upa-Lokayukta, Government of Karnataka. In his inaugural speech, the Honorable Justice emphasized on the relevance and utility of the services of Forensic Medicine and Forensic Sciences in Crime Investigation and quoted many real-life scenarios from his vast experience as Presiding officer of High Court of Karnataka. He appreciated the concept of the Conference as 'Collaborative Forensics' and brought a plethora of circumstances where there is an ample scope available for collaboration of Forensic Medicine with allied branches of Forensic Sciences and Criminology.

Dr Surinder Singh, Honorable Vice Chancellor of JSS Academy of Higher Education and Research, Mysuru, Dr Manjunatha B, Registrar of JSS Academy of Higher Education and Research, Mysuru and Dr. H .Basavanagowdappa Principal of JSS Medical College, Mysuru also addressed the delegates on this occasion. Various meritorious awards were conferred to the deserving undergraduate, postgraduate medical students of Forensic Medicine and also to the faculty of Forensic Medicine.

Following the inauguration, the maiden session was on the topic “Symbiotic collaboration between academics and administration for Forensic Medicine faculty”. This deliberation was held under the category of ‘ATS Iyengar Oration Lecture’ which was delivered by Dr.G Pradeep Kumar, Honorable Vice Chancellor of, Sri Devaraj Urs Academy of Higher Education and Research, Kolar, Karnataka. This deliberation highlighted the necessity and inevitability of achieving a fine balance between academics, research and administration. The speaker also highlighted from his own experience of being a Medical Educator and able administrator in a Medical University.

The next session was held by Mr. Sanjay Sahay, Ex.IPS, Founder & Director, TechConPro Pvt Ltd, Pro Public Speaker, Cyber Security Guru, Thought Leader & Writer, Bengaluru, Karnataka, India, on the topic ‘Cyber crime and Forensic Auditing: A new avenue of collaboration with Digital Forensics’. The former IPS officer gave a detailed narration about digital forensics and forensic auditing. The participants were made to understand the importance of cyber forensics with few real life scenarios.

In the post lunch session, there was an interactive lecture by Dr. Vrinda J Bhat, Professor and Head of Forensic Medicine, Srinivas Institute of Medical Sciences, Surathkal, Mangaluru, Karnataka, on ‘Value addition to FMT teaching in CBME through collaboration and Integration’.

The Day two began with talk on ‘Value addition to Autopsy practice by meaningful collaboration with ancillary divisions’ by Dr. S.Venkata Raghava, Professor and Head of Forensic Medicine, Bangalore Medical College and Research Institute, Bengaluru.

This was followed by talk on ‘Scope of collaboration of State Forensic Science Laboratory for authentic scientific reporting of sexual offences including cases under POCSO Act’ which was held by Dr. Pradeep Kumar MV, Joint Director (Technical/R&D) State Forensic Science Laboratories, Madiwala, Bengaluru.

The concluding session of guest lectures was by Dr. Tanuj Kanchan, Professor & Head of Forensic Medicine, Dean (Research), AIIMS, Jodhpur, Rajasthan, on the topic of ‘Scope of Collaborative research in Forensic Medicine’ The speaker himself being staunch researcher in Forensic Medicine and Anthropology, gave a valuable insight regarding the opportunities available for qualitative and quantitative research in Forensic Medicine and allied branches of Forensic Sciences and Criminology.

There was also an innovative quiz programme, ‘ENQUSTA’, for postgraduate students of Forensic Medicine. The quiz covered the applied aspects of Clinical Forensic Medicine, Pathology and Medical Toxicology. Following this, free paper presentation and workshops were held for faculty, postgraduate and undergraduate Medical Students of FMT. The workshop was facilitated by senior faculty members of FMT as Chairpersons and Judges.

Programme was concluded with Valedictory Programme presided by the Dr. Praveen Kulkarni Vice – Principal (Paraclinical) of JSS Medical College, along with distribution of Certificates of Participation to delegates.



### **Expert talks/ Guest Lectures**

Mr.Pavan Mahikar, Scientific Officer, Karnataka State Forensic Science Laboratory, Bangalore was invited for interactive session with the students of B.Sc. Forensic Science, on 4/07/2022. He spoke about careers in Forensic Science Laboratories and the nature of expertise needed. The Question answer session was well addressed.



### **Application of Forensic Odontology in Crimes**

The Department of Forensic Medicine and Toxicology organized Alumni Reconnect Program on 08/05/2023 at Gallery -6, JSS Medical College, Mysuru with Dr Iekram Alli, Forensic Pathologist at the University of Cape Town, Division of Forensic Medicine in Cape Town, Republic of South Africa who is an UG alumnus (1991 batch) of JSS Medical College. He delivered the guest lecture on the topic "Application of Forensic Odontology in Crimes"



## Workshops

### Mental Health Training Workshop on 04-01-2023

Mental Health training workshop was conducted on 4<sup>th</sup> January 2023 by the department of Clinical Psychology at JSS PU College, Chamarajanagar.

Over 400 students and over 15 teachers actively participated in this program, which was aimed at sensitization and awareness building about mental health, training in mental health promotion and preventive strategies etc.



### Mental Health Training Workshop on 12/01/2023



Mental Health training workshop was conducted on 12<sup>th</sup> January 2023 by the Department of Clinical Psychology at JSS High School, Devalapura, Mysuru.

Over 200 students and over 07 teachers actively participated in this program, which was aimed at sensitization and awareness building about mental health, training in mental health promotion and preventive strategies etc.

### Mental Health Training Workshop on 14-01-2023

Mental Health training workshop was conducted on 14<sup>th</sup> January 2023 by the department of Clinical Psychology at JSS High School, Suttur, Mysuru. This school cater for the need of education of over 4.5 thousand students coming from different states of the country, who are basically from low socio-economic background. The headmaster of the school, Shri Shivamallu, inaugurated the programme and it was well co-ordinated by a teacher Shri Shirur Math. This workshop was aimed at sensitization and awareness building about mental health, training in mental health promotion and preventive strategies etc. Training emphasized on how to detect and reduce stress during exam and to promote mental health. Over 950 (in 2 batch) students, who are pursuing 9th and 10th standard actively participated in activities conducted during the workshop. Over 25 teachers participated in this program, who have also understood the role of a teacher in promoting mental health of students.



### **Mental Health Training Workshop – 16/02/2023 & 17/02/2023**

Mental Health training workshop was conducted on 16<sup>th</sup> & 17<sup>th</sup> February 2023 by the department of Clinical Psychology for the heads and principals of **41 & 16 schools and colleges** of JSS Mahavidyapeetha at Telemedicine Hall, 5th Floor, JSS Hospital, Mysuru.

This programme was targeted at:

- Generating awareness about mental health issues among students and teachers
- Training them for indicators of common mental health issues in students
- Need for a rigorous school mental health programme in each school
- Heads' role in regulating and monitoring mental health related activities in their schools which are to be conducted by mental health coordinators (4 nodal teachers in each school or college, who will trained by trainers from the Dept of clinical psychology and psychiatry)
- Need of establishing Mental Health Advisory Board in each school or college as per direction of NCERT, New Delhi
- Importance of regular reporting of the mental health activities being conducted in schools to respective directors of the division.

All the heads and principals shown tremendous enthusiasm and participated actively in discussion and interaction with the resource persons.

### **Programs and Activities organized aligning to this SDG**

The Department of Biotechnology and Bioinformatics, School of Life Sciences, Mysuru is continuously striving to attain the Sustainable Development Goals through teaching and learning. For this, Dr. T.S. Gopenath, Associate Professor, Department of Biotechnology and Bioinformatics, has given 17 SDG Goals as a seminal topic for the 6th semester B.Sc. students to present in the class based on these learning objectives, initiating an awareness campaign for students on the importance of the SDGs as the cornerstone of global learning. Students need to acquire the skills necessary to promote sustainability, including a culture of peace, equality within and between nations, and human rights. Sustainable development meets the needs of the current generation without compromising the needs of future generations.





**Fig. No. 80. Final year students of BSc Biotechnology and Bioinformatics presenting on Sustainable Development goals Guided by Dr. Gopenath TS, Associate professor Department of Biotechnology and Bioinformatics.**



**Workshop On Psychological and Emotional Issues- 23/03/2023**

Dept of Clinical Psychology, JSS Medical College & Hospital, Mysuru conducted a 6th full day workshop in succession on 23rd March 2023 at JSS Law College (First phase out of three scheduled for this college). During this programme, Prof. K. S. Suresh, Chief Executive, Dr. S. Nataraju, Principal, and Sri. Jagadish A T- Co-ordinator & Assistant Professor were present. This programme is attended by 120 students and 8 faculties. The agenda of the workshop were: 1. To generate awareness among them about psychological and emotional issues that impair the functioning and well-being of a person and reduce the stigma. 2. To train students about features of common mental health and illness and how to detect them. 3. To enhance their

understanding about stress, anxiety, depression, mobile/internet/substance about. 4. To train them in stress management strategies 5. To train them in psychological first aid in response to suicide or suicidal ideation and preventing strategies. 6. They were trained on how to enhance their capacities/coping to respond to suicidal ideation of self and others. 7. Majority of students participated very actively in question-answer sessions, discussion and role plays.

### **Mental Health Training Workshop - For JSS School Teachers on 20/04/2023 & 21/04/2023**



Department of Clinical Psychology & Psychiatry, JSS Medical College & Hospital, Mysuru conducted Two-full-days mental health training workshop at Telemedicine Hall, 5th Floor, JSS Hospital, Mysuru on 20th & 21st April 2023. This was the first workshop for teachers (in the series coming workshops including 40 mental health coordinator teachers from different schools/colleges in one batch). Target is to train 4 teachers in each school or college. Chief guest of the programme Dr. H. Basavanagowdappa, Principal, JSS Medical College Mysuru and guest of Honour Dr. Madhu C.P., MS JSS Hospital, Mysuru provided their valuable inputs for the success of the programme. This programme was targeted at:

- Generating awareness about mental health issues among students and teachers
- Training them for indicators of common mental health issues in students and teachers
- Need for a rigorous school mental health programme in each school
- Their role as a mental health facilitator in their school - to conduct monthly two programmes (supplementary material/guidelines to be provided by the resource team), to identify and refer high risk students, to send quarterly report on mental health activities.
- To orient them of their roles in Mental Health Advisory Board of the school (as per NCERT guidelines)
- Importance of regular reporting (quarterly) of the mental health activities being conducted in school to the office of principal and nodal centre.

All teachers participated actively and welcomed the initiative.

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### **Mental health training workshop at SJCE, Mysore on 26/04/2023**

With the blessings of His Holiness Mahaswamiji, Department of Clinical Psychology JSS Medical College & Hospital, Mysuru conducted a 9th full day workshop in succession on 26th April 2023 at Sri Jayachamarajendra College of Engineering, Mysuru (First out of two workshop scheduled for this college).

During this programme, the team of resource persons received overwhelming support from the faculties of the college.

The agenda of the workshop were:

1. To generate awareness among them about psychological and emotional issues that impair the functioning and well-being of a person and reduce the stigma.

2. To train students about features of common mental health and illness and how to detect them.
3. To enhance their understanding about stress, anxiety, depression, mobile/internet/substance about.
4. To train them in stress management strategies
5. To train them in psychological first aid in response to suicide or suicidal ideation and preventing strategies.
6. They were trained on how to enhance their capacities/coping to respond to suicidal ideation of self and others.
7. Majority of students participated very actively in question-answer sessions, discussion and role plays.



### **Mental Health Training Workshop – 18<sup>th</sup> & 19<sup>th</sup> May 2023 & 15<sup>th</sup> & 16<sup>th</sup> June 2023**

With the blessings of His Holiness Mahaswamiji, Department of Clinical Psychology & Psychiatry, JSS Medical College & Hospital, Mysuru conducted Two-full-days mental health training workshop at Telemedicine Hall, 5th Floor, JSS Hospital, Mysuru on 18<sup>th</sup> & 19<sup>th</sup> May 2023. This was the second workshop for teachers (in the series coming workshops including 40 mental health coordinator teachers from different schools/colleges in one batch). Target is to train 4 teachers in each school or college.



The workshop was conducted under the aegis of Dr.Kishore M., Head, Dept. of Psychiatry & Dr.Manoj K Pandey, Head, Dept. of Clinical Psychology, JSS Medical College & Hospital, Mysuru. This programme was targeted at: All teachers participated actively and welcomed the initiative.

### **Medical Exhibition at Suttur Jathra - 2023 (From 18/01/2023 to 23/01/2023)**

**Department of Forensic Medicine and Toxicology** displayed posters on 12 aspects of common Cyber Crimes that was prepared in cooperation with the Mysuru District Police. These included Phishing Attacks, Identity Theft, ATM Frauds, social media related offences, Matrimonial and Job portals. The department also created awareness on fingerprints on porous and non-porous surfaces, its preservation, and lifting latent fingerprints using powders. Awareness was given to the public on not to handle any object in a scene of occurrence, as they might unwittingly destroy the culprits' fingerprints, but also come into the list of suspects, by virtue of their fingerprints being located on objects in the scene. Fingerprints of 4615 persons were taken on plain paper as a demonstration.



**Department of Clinical Psychology** created awareness to the general population about various psychological disorders using posters, and screening common mental health problems. One of the main purposes was to educate people about mobile addiction, its indicators, impact and self-help tips. The stall engaged the visitors by involving them in assessing mental abilities using the Tower of London, Pattern Drawing and Stroop Tests. These activities attracted people of all ages. During the Jathra, more than 1300 visitors (aged 6-70 years) visited the stall and enquired about psychological disorders. more than 200 children and adolescents participated in the

testing of cognitive abilities, and more than 200 visitors enquired about the services available in the Dept. of Clinical Psychology, at JSS Hospital, Mysuru.



### **Activities conducted aligning to Goal 16**

Case studies, role play, brainstorming, Seminars, Group Discussions are integral component of curriculum helping the students to get a real exposure to gender related societal problems. Students have the benefit of hands-on-experiential learning by solving real-time problems and issues in gender related issues of society. The department assesses the learning levels of the students and organizes special programs for advanced learners and slow learners.

For slow learners- Additional classes are taken with focused group to enhance the inter disciplinary subjects with graded assignment and additional test

For fast learners- They are encouraged to take up extra add on course related to health sciences The students are also encouraged to undertake minor research projects and publish/ present the research outcomes in various reputed national and international journals/ conferences/ seminars.

Students are encouraged to take up various research projects on areas such as Gender sensitization- equality and opportunities, measuring work satisfaction of hospital staff, assessing work-life balance among women, employee awareness on organizational policies and labor laws.

### **Student awards at national and international conferences**

Students from the department won prizes at the Safe And Sustainable Hospitals (SASH) National Conference jointly organized by AIIMS, Bhubaneshwar and Academy of Hospital Administration, AIIMS, New Delhi in 2022. Mr. Nazeem Pasha, MBA – Hospital Administration student participated in the poster competition.

PhD scholar Dr. Shalini and MBA – Hospital Administration students, Mr. Ajmal, Mr. Tince Mathew, under the guidance of Dr. Kanakavalli K Kundury, presented papers and won the 1st and the 2nd best oral paper presentation awards respectively.



### **Anti-Ragging Committee**

As per the policies and regulations of Anti-Ragging Committee, JSSAHER, The Department of Health System Management Studies displays posters on “Ragging is a Punishable Offence” on the notice boards to be viewed by the students, parents, and visitors. A session on Anti-Ragging policy will also be conducted as a part of the student induction program to make students and parents aware of the existing policies and create a conducive learning environment and student friendly culture in the department.

### **Gender sensitization-equality and opportunities**

The Department of Health System Management Studies also supports students by facilitating the financial aid to eligible students through national and state scholarships. Details are as follows:

#### **ARIVU (Education Loan) Scheme:**

**The National Scholarship Portal (NSP)** hosts about 50 scholarships, offered by the Central Government, State Governments, and different Government agencies like UGC (University Grants Commission), worth crores for the scholarship seekers registered on the platform. The National Scholarship Portal is an online portal by the Government of India for applying, processing, verifying, and sanction Government scholarships to students. It aims to reduce discrepancies and provide a common, effective, and transparent way to disburse scholarships to students

**The State Scholarship Portal (SSP)** initiated by the Government of Karnataka (GoK). Departments like Social Welfare Department, Scheduled Welfare Department, Backward Classes Welfare Department, and Minorities Welfare Department, offer various scholarships to students for financial assistance. SSP scholarship is a state-funded program applicable to the domiciles of Karnataka from class I to those pursuing a post-doctoral degree.

**Vidhyasiri Scholarship:** Vidyasiri scholarship plan, provided by Government of Karnataka for the welfare of Backward Classes. This scholarship is specially produced for SC/ST/OBC/PWD scholars who are pursuing an education in post matriculation programs.

**Beneficiaries: A total of 24 SSP scholarships and 18 NSP scholarships were awarded to the students of the department for the year 2022-23.**

## Intern orientation program



Intern orientation program was organized by Dental Education Unit, a unit of CCLPE, JSSDC&H on 3rd November 2022 at Gowrishankara auditorium, JSSDCH for orienting the graduating students in all their future prospects. The program was organized to help students regarding various opportunities for BDS graduates within the country and all over the world. It also focused the students on the importance of interdisciplinary approaches in improving the patient care. The program was inaugurated by the Chief guest Dr C.P Madhu Professor of General Surgery, Medical Superintendent, JSSMC&H. Dr Ravindra S principal, JSSDCH gave the welcome speech, Dr Dhakshaini M.R Deputy Dean (Authorities), JSSAHER, Vice principal JSSDCH addressed the gathering and vote of thanks by Dr Sunila B.S Convener DEU inaugural program was concluded with national anthem.

Dr Ambikathanaya U. K member of DEU coordinated the sessions. Resource faculties Dr Vaibhav kumar Assistant professor, Dept of Public health Dentistry, Terna Dental college, Navi Mumbai spoke about the career opportunities for BDS graduates. He also detailed about certification of exam for an international dental graduate at USA, Executive (MBA) course at IIM Bangalore, other courses across India and research prospects. Dr Manthappa M Associate professor, Dept of General Medicine, JSSMC&H spoke about the importance of interdisciplinary awareness in patient care, importance of comprehensive health care system. Dr Chandrashekar B.R Professor & HOD Dept of Public health Dentistry, JSSDC&H stressed on the roles and responsibilities as an intern among the participants.



## Continuing Dental Education Program on Orthodontic Management of Obstructive Sleep Apnea (Snoring)



Data on Indian studies shows that 4.4% to 13.7% population suffer from Obstructive Sleep Apnea (Snoring). Orthodontists play an important role for the treatment of patients with Obstructive Sleep Apnea (Snoring and disturbed breathing) due to their expertise and knowledge regarding growth and development of oro-facial and dento-facial structures as well as orthopedic, orthodontic and surgical correction of the jaws and other supporting tissues. Evidence based studies signify the importance of using certain oral devices recommended by an orthodontist resulting in effective treatment of Obstructive Sleep Apnea.

Department of Orthodontics from JSS Dental college & Hospital conducted one day continuing Dental Education Program on 3rd August. The speaker for the program was Dr Girish PV, a well-known Dental Sleep Medicine therapist from Bangalore. The program was attended by all the staff and postgraduate students of orthodontics department of JSS Dental College & Hospital, Mysore. The speaker highlighted about the important role an orthodontist can play in the management of Obstructive Sleep Apnea (Snoring and disturbed breathing) by using simple oral devices rather than invasive surgeries.

## Entrepreneurship Development Program



Dr. Pranjanmitra, is our Alumni, Co-Founder, and Chief Medical Officer at Denta Mitra. A one-day program was organized by the placement and training cell, JSS dental college, and hospital for interns. The talk was delivered by Dr. Pranjanmitra. He spoke about how to Enable Young Dentists to start their dentistry practice at a very low or zero investment and stay ahead through technology and the revolutionary "Suitcase Clinic". The objective of the program was State-of-Art "SUITCASE CLINIC" setup helps dentists practice instantly from anywhere at a 1/10th lesser investment than traditional clinic setup. This revolutionary clinic model could be set up in a space lesser than 300 sq feet and can also be used for mobile dentistry services, camps, etc. Finally, the vote of thanks was given by Dr. Ravi M B.

## “Motivational Session by Successful Entrepreneur/ Start-up founder - 'My Story”



Institutional Innovation Council of JSSDC&H conducted organized a – “Motivational Session by Successful Entrepreneur/ Start-up founder - 'My Story” which was an IIC calendar event on 30th November 2022. The guest speaker was Mr. Nagendra Setty, CEO & Founder of Ideas Unlimited, Mysuru. Around 85 delegates attended the talk which included 12 teaching staff and 73 students. Mr. Nagendra spoke about his initial journey of working with various companies in India and the US. He founded his own company called “Ideas Unlimited in December 2009 and later also founded his manufacturing unit – Ideas Manufacturing PVT ltd in August 2012. Speaking about the highlights of his company’s achievements over the years which included the following • Developed 6 Covid 19 combating products including a low-cost ventilator during the peak of Covid-19 lockdown along with JSS Medical University – JSSAHER. • Pod\_CU (Portable On Demand Critical Care with isolation unit) • Quickly deployable isolation cubicle solution • Room air purifiers • Dental Chair UV sanitizer and many more. Presently his company is working in the fields of o Automation o Animatronics, Robotics, bionics o Biotech, Biomedical o Covid-19 combating products o Defence R&D o Electrical vehicles o Hospital equipment’s o Instrumentation systems o Green technologies o HiPricision optics o IoT devices

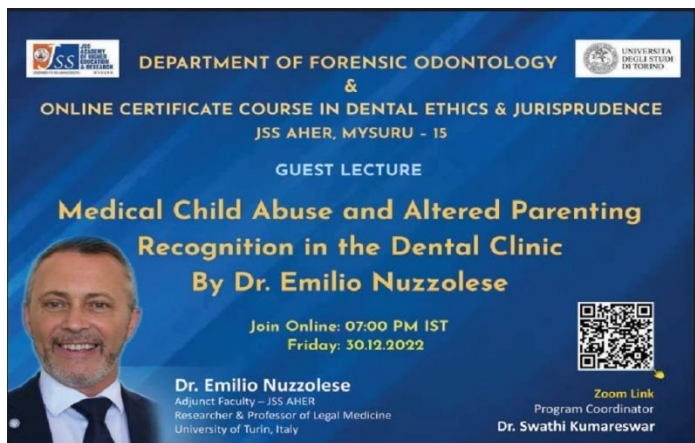
## Student Scientific Convention 2022



The Dental Education Unit (DEU) of JSS Dental College and Hospital, JSS AHER organized a three-day Student Scientific Convention 2022 with the theme “Curating Innovations in Scientific Research and Clinical Techniques” from Dec 8th to 10th 2022 at JSS Dental College and Hospital. The convention was inaugurated by Dr. Surinder Singh, Vice Chancellor, JSS AHER. Dr. Vishal Kumar Gupta, Dean (Academics), JSS AHER was the Guest of Honor while Dr. Ravindra S, Principal, Dr. Chandrashekhar B R, Vice Principal, Dr. Sunila B Sangappa, Convener – DEU, JSS DCH presided over the event. The Organizing Chairman, Dr. Ravindra

S, and Organizing Secretary, Dr. Sunila B Sangappa, Reader, Dept of Prosthodontics, JSS DCH alluded that pre-clinical hands-on workshops were conducted to train over ninety future clinicians with valuable skills required for today's esthetic and implant dentistry. The first day of the convention featured the inaugural ceremony followed by scientific paper and e-poster presentations from about two hundred of its attendees. Here the participants were guided to explore the research mindset while being enlightened about the advances in modern-day research through keynote sessions by distinguished speakers. On the second day, hands-on preclinical workshops were conducted to train over ninety future clinicians with valuable skills required for today's esthetic and implant dentistry. Preclinical Workshop on 'Clinical Approach to Advanced Implants: Hands-On' was led by Dr. Ravindra Savadi which gave participants a much-needed insight into the placement of implants. Dr. Santosh Ravindran conducted the workshop on 'Materials and Concepts of Teeth Whitening' where he gave a live on-patient demonstration of the latest techniques in whitening teeth. The last day of the convention concluded with an extensive workshop on 'Veneers: Impeccable Laminate Restoration for Today's Restorative Practices' which was taught by Dr. Rohit Shetty.

### **Guest Lecture On Medical Child Abuse And Altered Parenting Recognition In The Dental Clinic**



Dr. Emilio Nuzzolese, Researcher and Professor of Legal Medicine and Adjunct faculty of JSSAHER gave an insightful Guest lecture on ' Medical Child Abuse and Altered parenting recognition in the dental clinic ' for the students of MSc Forensic Odontology and the students of the Online certificate course in Dental Ethics and Jurisprudence on the 30th of December, 2022 via zoom online meeting platform. The lecture was well received followed by faculty and student interaction.

## NATIONAL YOUTH DAY – 2023



National Youth Day representing the birth anniversary of Swamy Vivekananda was organized by Institution Innovation Council (IIC), JSS Dental College & Hospital, JSS Academy of Higher Education & Research on 12<sup>th</sup> January 2023. The program focused on engaging the youth in the upliftment of our society by providing them with a platform to showcase their talents in socio cultural aspects of life. The theme of the program was “Partnering with Youth for Better World”. The program was inaugurated by Dr. Dhakshaini M R, Principal, JSSDCH and Deputy Dean (Authorities), JSS AHER and IIC members. Various competitions like Elocution under the topic **Youth – The Social Reformers of Oral Health** or **Socialization Vs Social Media** and Essay Writing on **“What influences Character more? Heritage or Surroundings”** or **“Most Important Scientific breakthrough of 21 st Century so far”** were conducted for Students. Students of the institution participated enthusiastically in the program. The program was coordinated by Dr Brinda S Godhi, Asso. Prof and Dr Seema Deshmukh, Asso. Prof, JSS Dental College & Hospital and Student members S R Neha, P Raghu Pavan. The program concluded with the distribution of certificates of appreciation to the winners and participants by Dr Dhakshaini M R, Principal, JSSDCH & Deputy Dean (Authorities), JSS AHER and Dr Chandrashekar B R, Vice Principal, JSSDCH.

## Intern orientation program



The intern orientation program for the of batch 2018-19 was conducted on 18th April 2023. The program started with greetings and welcoming the students by the Principal Dr Dhakshaini MR, JSSDCH.

The students were then addressed by the Principal regarding the rules and regulations and also the responsibilities to the budding dentists. She also extended her encouragement to the students to pursue research and highlighted on the scope of the same in the present era.

Dr. Chanchala HP, coordinator of the program spoke about the discipline and punctuality as most important aspects for being a successful professional along with the safety measures to be followed in the campus.

Our resource person Dr. Manjula S from Department of Oral and Maxillofacial surgery instructed the students regarding the aseptic precautions and the duties to be followed in the Out Patient Department. She also touched upon the NABH protocols and the e PMS to be followed during the clinicals.

Dr. Tippeswamy from Department of Public Health Dentistry spoke to the house surgeons regarding the importance of public health dentistry and how to develop the sense of empathy towards patient care and its significance. Briefed on the functioning protocols of the peripheral centers.

Dr. Sunila BS from the Department of Prosthodontics motivated the students regarding research projects that can be taken up during the course of internship and the core importance it has upon our post graduation program. She also touched upon the self confidence which very important for the well being. The program ended with a group photo and the students inculcated immense values and information form the program.

### **Gender justice at the workplace**



ICC and Women`s grievance cell of JSS Dental college and Hospital conducted a program on gender justice at the workplace on 29/04/2023 .1st year BDS and MDS students, teaching and non-teaching staff were present on the occasion The guest speaker was Dr. Nandini. C.P. Associate Professor DSNLU Vishakapatnam. The program witnessed an informative and interactive session where all the participants including the staff had a great learning with humorous time.

## Workforce Education, Training And Skill Development Program



Inauguration ceremony of the Workforce Education Training and Skill development program' was conducted on 22nd October 2022. The program was presided by Mrs Kokila MS Deputy Registrar, JSSAHER and Dr Prashant Vishwanath D Dean Research and IQAC coordinator, JSSAHER. Dr Ravindra S Principal, Dr Dakshaini MR Vice Principal, Mrs Dr. Anushree SM, Administrative officer, JSSDCH were the other dignitaries on the Diaz. The program was attended by all the Non-teaching faculty, IQAC and NAAC coordinators. The inauguration program was followed by Guest lecture on Self-awareness, SWOT and Job description by Dr Nagesh P Professor and Dean JSSCMS and Dr Sreedevi Kulenur Associate professor JSSCMS.

### Days Observed

#### **World Suicide Prevention Day –**

School of public health & Department of clinical psychiatry, JSS Medical College, JSS AHER observed world suicide prevention day on the 12th of September 2022, Monday. Students of MPH and the psychiatry department with all the staff were present for the observational activities. "Creating Hope Through Action" is the triennial theme that started in 2021.

#### **Observational Activities**

Dr. Minu Maria Rose, a student of the 2nd semester MPH, introduced the prevalence and awareness of suicidal activities among the population.

#### **Awareness Activities**

The MPH students performed a skit to spread awareness about suicide prevention. The performance was based on the theme of "Say it right- Power to Heal, Power to Hurt." which is based on the importance of using the right communication to prevent any suicidal activities in the community. Then Mr. Ritvik S. Kashyap- Assistant professor of clinical psychiatry gave an awareness speech on suicide prevalence and trends among the population and myths related to the condition. He also discussed how to help people who are having suicidal thoughts or suffering from any mental conditions.

Then the students took part in competitions such as Slogan writing, quiz, and IEC making.



### **World Mental health Day 2022**

On occasion of World Mental health day 2022, Psychiatric consultation clinic was started in Urban Health centre on 18<sup>th</sup> October 2022. Dr Pradeep, from Psychiatry department inaugurated the specialty clinic. Dr Krishnaveni YS, MO JSS UHC introduced the consultant to the patients and suggested to make use of the services provided and convey the same to their family and friends. Dr Pradeep interacted with the patients and talked about the mental health and common psychiatric problems like depression, alcohol addiction, He addressed patients and UHC staffs about mental health resilience , to diagnose the symptoms at earliest and to seek for treatment. It was decided to continue Psychiatric clinics on every first Tuesday of the month and on second Tuesday if first Tuesday is a holiday. UHC staffs Mrs Bharathi, Health inspectors Mr Santhosh, Mr Sunil and MSW staff Mr Mallikarjun participated in the programmes.

Health workers were advised to bring alcohol addicts who are willing for withdrawal and their family members for consultation and counseling. A total of 5 patients having alcohol addiction, depression, and suicidal tendency were counseled during the moment. It was planned to continue psychiatric clinic also as de-addiction unit in future

### **International Women's Day**

The Internal Quality Assurance Cell of JSS Medical College has observed International women's day on the 10<sup>th</sup> of February 2023. The programme began with an invocation by Dr.Manu G, Associate Professor, Department of Pharmacology, JSS Medical College. Dr.Manthappa M, Vice Principal (Clinical), JSS Medical College formally welcomed the gathering. The programme was inaugurated by watering the plant by all the dignitaries on the dais. The inspiring women awards were accorded to the teaching, technical and administrative faculty members of JSS

Medical College for their immense contribution towards the institution. Dr.Praveen Kulkarni, Vice Principal (Paraclinical), JSS Medical College announced and read the citations of the awardees.

Dr.Suma M.N., Dean Faculty Biomedical Sciences and Vice Principal (Pre-clinical), Dr.Jayanthi M K, Professor of Pharmacology, Dr.Rajalakshmi R., Professor of Physiology, Dr.Pushpalatha K, Professor of Anatomy, Mrs.Rita Murphy, Technician in Dept. of Pathology, Mrs.Kusuma, Technician in the Dept. of Microbiology, Mrs.Manjula and Mrs.Prabhamani, Administrative staff members, Mrs.Gowamma and Mrs.Mahadevi, general workers of JSS Medical College were felicitated with inspiring women awards for the year 2023



Dr.B.Manjunatha, Registrar, JSSAHER congratulated JSS Medical College for organizing international women's day and felicitating the achievers. Dr.H.Basavana Gowdappa, Principal, JSS Medical College described the role a woman plays in the holistic development of everyone's life. He congratulated all the women achievers who received the felicitation and appealed all the other women employees to get inspired by their achievements and progress in the career. He appreciated the contribution of women employees in the success of the institution.. Sri S R Satish Chandra, Administrative Officer, JSS Medical College described about the inception of international women's day and how women workforce in the growth and development of the institution. He appreciated the role administrative faculty play in smoother functioning of the institution. He congratulated all the women achievers and wished them many more to come in their future career. Sri Tungesh, administrative faculty member of JSS Medical College coordinated the proceedings of the programme.



## **INCLUSIVE EDUCATION FOR ALL**

The college can promote inclusive education by ensuring equal access to education for all students, including those from marginalized communities or with disabilities. Creating a diverse and inclusive learning environment fosters understanding, empathy, and tolerance among students.



Ramp for Physical Disabled Students for Ease Of Access

## **ENGAGING LOCAL STAKEHOLDERS**

The college also engages local stakeholders in imparting the knowledge and awareness of Pharmaceutical sciences and its impact in health. In this venture, we have organised such programmes for the benefit of local stake holders.

- 1) DST - National Council for Science & Technology Communication, New Delhi & JSS AHER, Mysuru Sponsored "Health in Hands : Onboard (H<sub>2</sub>O) - An Exhibition cum Workshop for Popularizing Pharmaceutical Science & its Impact on the Health Among School Children" (7 – 23 Nov 2022, Auditorium, JSS College of Pharmacy, Ooty**

The DST- National Council for Science & Technology Communication, New Delhi (DST-NCSTC) and JSS AHER, Mysuru Sponsored "Health in Hands: Onboard (H<sub>2</sub>O) - An Exhibition cum Workshop for Popularizing Pharmaceutical Science & its Impact on the Health Among School Children"- An Exhibition cum Workshop program was successfully inaugurated at the auditorium on 7 Nov 2022 at 10.00 am. The Chief guest of the program was Mr. S. Dhamodharan, Chief Educational Officer, Nilgiris District. Mr. Kumar, APO, Samajara Shiksha, Nilgiris District and Mr. Nandhakumar, Principal, JSS Public School, Nilgiris were the Guest of Honour. Dr. S. P. Dhanabal, Principal, welcomed the gathering. Dr. N. Krishna veni, Coordinator briefed about the genesis of the program. She said that the exhibition cum workshop is being organized for the benefit of the school children from rural areas of the Nilgiris district. She also specified that during the three days program, a series of popular lectures incorporating doctors, dentists and other paramedics about about health, nutrition, balanced diet and personal hygiene will be organised to create awareness among the school children for maintaining personal health and hygiene. The program was organised in three phases.

- The Phase I - 7- 9 November 2022, at Auditorium, JSS College of Pharmacy, Ooty for the benefit of the school children from Ooty Taluk.
- Phase II – 10 – 12 November 2022 at Government Model Higher Secondary School, Gudalur for the benefit of the school children from Gudalur Taluk.
- Phase III – 21-23 November 2022 at St Mary's Girls Higher Secondary School, Coonoor for the benefit of the school children from Coonoor and Kotagiri Taluk.

On the first day of the program, quiz competitions and science exhibitions were organised for the school children. On the second and third day a series of popular lectures in regional language and English was organized to create awareness among the school children for maintaining personal health and hygiene. Practical demonstrations for maintenance of health and hygiene were also organized. Training was provided to the children regarding the maintenance of health and hygiene pertaining to the theme in all the phases of the workshop.

The resource persons were doctors, Dentists working in government medical hospitals, nutritionists, and biomedical scientists from various colleges around Nilgiris. Yoga sessions were also organized for the benefit of the children with trained yoga masters.

- More than 1500 students and 80 teachers actively participated in all the three programs including students between 6-9 class. About 300 projects were presented by the school children for science exhibition in two categories (Class 6-7 & class 8-9) in all the three programs.
- 80 groups comprising of three students each had participated in the quiz program organized in two categories (Class 6-7 & class 8-9) in all the three programs.
- 18 groups bagged prize for best scientific exhibits and 30 groups bagged prize in quiz competition organized at all the three programs.

The program was a grand success and had benefited the school children community in maintaining their personal health, hygiene and had also provided some insight on the career path to be chosen after the completion of the school education program.





**National Nutrition Week Program was organized and celebrated from 1 – 7<sup>th</sup>September 2022.**

Nutrition is the focal point of health and well-being. In other words, it allows you to be strong, provides you with the energy to do the things you want to do, and makes you look and feel your best. The aim of the program is to create nutrition awareness through training education, seminars, competitions, road show and campaigns. The programme contents of the nutrition week include:

- Nutrition Awareness - Key to Healthy Nation –Power Point presentations
- Nutrition Awareness Campaign in Community (including Schools)
- Activities and games for middle school children
- Preparation of Nutritious Food charts (to be placed in schools)

**01.09.2022:**

National Nutrition Week program was organized at Govt. Panchayat Union Middle School KilKawhatty Village, Ooty, The Nilgiris. Mrs. Sharadha, Headmistress of the school welcomed the team members of Dept. of Pharmacy Practice and introduced the team to children and

teachers of the school. The program was inaugurated by Mrs. Sharadha and she spoke about the importance of the nutrition. Mr. Manoj kumar V and Mr. Sugash M (Pharm D Interns) emphasized the various types of food, food habits, balanced food, and foods to avoid etc. to the school children through video and power point presentations. Following which, students were asked to do an activity of identifying the correct the food based on food plate models on healthy food including fruits, vegetables and grains etc. which was organized by Ms. Inthuja S and Ms. Sangeetha Kamal. School children were assessed for their height and weight and their Body Mass Index was calculated and under nutrition children were identified and counselled separately.

**02.09.2022:** The second program was organized at Govt. Panchayat Union Middle School, Odaikadu Village, Ooty, The Nilgiris between 9:30 AM – 4:00 PM. Mrs. Shoba, Headmistress of the School welcomed the staff and students of the Dept. of Pharmacy Practice. Mr. Manoj kumar V and Mr. Sugash M informed the students about the nutrition week and its importance including the types of food, food habits and foods to be avoided etc. through PowerPoint presentations and video presentations. After the program, school children were encouraged to participate in an activity in identifying the healthy foods from food plate. School children were assessed for their height and weight and their Body Mass Index was calculated and under nutrition children were identified and counselled separately.

**06.09.2022:** The third school program was organized at Govt. Panchayath Union Middle School, Glenmorgan Camp, Ooty, The Nilgiris. Mr. Siva Mani, Head Master of the school welcomed the staff and students of the Dept. of Pharmacy Practice. A video presentation on healthy food eating habits was presented by Pharm D Interns to the school children emphasizing the importance of having healthy food habits through a PowerPoint Presentation. Pharm D, M Pharm (Pharmacy Practice) students participated as volunteers in the nutrition week program. Staff members of Dept. of Pharmacy Practice.





## HUMAN RIGHTS EDUCATION

Incorporating human rights education into the curriculum helps students understand the importance of respecting human rights, equality, and justice. Workshops, seminars, and courses on human rights issues can raise awareness and encourage active participation in promoting social justice. One such glimpse of such awareness programme is below-

**One day Seminar on Rights of Differently Abled Women was organized by Department of Pharmaceutical Chemistry, JSSCP, Ooty on 9th December 2022 sponsored by National Commission for Women, New Delhi**

National Commission for Women, New Delhi, India Sponsored One day seminar on “Rights of Differently Abled Women” was organized on 9<sup>th</sup> December 2022. The seminar was inaugurated on 09.12-2022 at 9.50 am by Dr. S.P. Dhanabal, Principal, and Dr. S. S. Chandrasekaran, Professor & Director, Center for Disaster Mitigation and Management (CDMM), Vellore Institute of Technology, Vellore, Tamilnadu, Ms. Malarvizhi, District Differently Abled Welfare Officer, District Differently Abled Welfare, Botanical Garden Road, Udhamandalam. Dr. Gomathi Swaminathan coordinated the awareness programme. Dr. Gowamma, delivered the welcome address. Dr. R. Kalirajan, highlighted the importance of rights of differently abled women and explain about the programme. Dr. S. P. Dhanabal, Principal, Convener, delivered presidential address. Chief Guest address was delivered by Dr. S. S. Chandrasekaran, Professor & Director, Center for Disaster Mitigation and Management (CDMM), Vellore Institute of Technology, Vellore, Tamilnadu, Dr. Kamala Veni, Assistant Professor, Department of Women’s Studies, Bharathiar University, Coimbatore, Tamil Nadu briefed about the importance of sexual education and POSCO law among the differently abled women. The external experts from various reputed organizations such as Mrs. Maragathavalli, Advocate, Ex. Women Protection Officer, Cottage Road, Coonoor, The Nilgiris has enlighten about different kinds of legal rights available for differently abled women and also explained about in details of government schemes and its benefits. Dr. P. Kanagambal, Assistant Professor & Head, Department of History, Government Arts College, Ooty have explained about the importance of physical and mental health of Physically challenged women. Internal Experts Dr Gomathi Swaminathan, & Dr. M P Jeyaprakash have given lectures on rights of differently abled women. Finally, Ms. Malini Prabakaran, Advocate delivered a talk on promoting equality and non discrimination for differently abled women. About 200 disabled delegates and 45

nondisabled delegates from in and around Nilgiris district were participated actively and all sessions went interactively with high appreciation by all the delegates.



## STUDENT-LED ORGANIZATIONS

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

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

## GOVERNANCE AND ACCOUNTABILITY

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

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

The University and College has an Internal Quality assurance Cell which has successfully revised the Vision, Mission, Goals and strategic plans of the constituent colleges and

University and has aligned the core values of the University to be imbibed into each of its activities. Any such data pertaining to Finance is published within the Reports.

- Weblink - <https://jssuni.edu.in/jssaaher/jssaaher-igac/igac-home.html>

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

- <https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&PID=10002&CID=6&MID=10410&SMID=10417>
- <https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MID=14000&CID=0&PID=10005>
- <https://jssuni.edu.in/jssaaher/jssaaher-academics/student-support-center.html>

### **SUPPORT FOR DEVELOPING/UNDERDEVELOPED COUNTRIES**

The college provides support services and resources for vulnerable populations, to ensure they have access to education and are treated with dignity and respect. One such venture was organising workshop for government officials of Ethiopia in two phases- 8 days training program for the Ethiopian Food and Drug Administration Officials was hosted by JSS AHER, Mysuru at JSS College of Pharmacy, Ooty in two phases. 12 delegates working in the various disciplines of Ethiopian FDA including QC chemist for Pharmaceuticals & Food, Regulatory auditors, Food inspectors and microbiologists participated. The delegates were trained in the various fields of Advanced analytical techniques – LC-MS/MS, GC-MS/MS, HPTLC, Advanced Medicine Microbiology Techniques for Bacterial Endotoxin, Microbial Limit & Sterility Testing; and Advanced audit Inspection Techniques.





## COMMUNITY ENGAGEMENT

### National Social Service Scheme- JSSCPO

Engaging students in community service projects that address local issues and promote social cohesion contributes to building inclusive and peaceful communities. The National Social Service Scheme (NSS) unit of the College involves the local stakeholders in conducting and carrying various social responsible activities around the community for the welfare of local residents and local government. The activities of the Unit are detailed in the weblink.

- <https://jssuni.edu.in/jssa/activities-and-events/ActivityAndEventList.aspx?OPTION=0&COLCODE=JSSCPO&CATCODE=NSS>

### Youth Red Cross, JSS College of Pharmacy Ooty

Indian Red Cross Society, The Nilgiris, The Nilgiris District Blindness Control Society, Nilgiris Adivasi Welfare Association (NAWA) in association with Arvind Eye Hospital, Coimbatore organized a Free Eye Check-up Campaign which was held at NAWA Hospital on November 05, 2022. A total of 300 people from the public took part in the camp. Spectacles were provided to 78 persons and recommendation was made to conduct cataract operations for eight persons.









### Observation of International Women's Day

International Women's Day was observed by Department of Community Medicine, JSS Medical College, Mysuru in association with the JSS Nursing College, Mysuru at JSS Urban Health Centre, Medar Block, Bamboo Bazar, Mysuru on 08.03.2023.

The Programme was started by flag off by Dr Rama H V, Lady Medical Officer of JSS Urban Health Centre and Mr Ningaragu, Assistant Professor of JSS Nursing college for awareness rally from students of JSS Nursing College, Mysuru on the theme "DigitALL: Innovation and technology for gender equality" in the area of Medar Block, Bamboo Bazar, Mysuru.

Chief guest Dr Sunil Kumar D, Professor and Head, Department of Community Medicine, JSS Medical College, Mysuru, highlighted the importance of Women's Day to the women of Jana Shikshana Sansthan. This was followed by felicitation of Mrs Akkamma, Physical Education Teacher of Government Higher Primary School of Medar Block, Mrs Gayathri, Beautician, Mrs Dhakshahini, Faculty of Jana Shikshana Sansthan, Mrs Nagamma, Vegetable Vendor, Medar Block, Bamboo Bazar, Mysuru. These successful women shared their views and motivated the audience.

Dr Amoghashree, Assistant Professor and Coordinator- JSS Urban Health Centre, Department of Community Medicine, JSS Medical College, and Mrs Vidya, Assistant Professor and Mr Ningarajaru, Assistant Professor, JSS Nursing College, Mysuru were Present.

The event was coordinated by Mrs Bharathi Y, Public Health Nurse, Mr Santhosh H B and Mr Sunil Y S, Health inspectors and Mr Mallikarjuna Swamy, Medicosocial Worker, JSS Urban Health Centre, Medar Block, Bamboo Bazar, Mysuru.



## World No Tobacco Day

On the occasion of World, No Tobacco Day, the Department of Community Medicine, JSS Medical College, JSSAHER, Mysuru organized an essay and drawing competition for the students of JSS High School, SS Nagara Mysuru with the theme “We Need Food, Not Tobacco”.



World No Tobacco Day was observed on 31<sup>st</sup> May 2023 at the premises of JSS High School SS Nagara Mysuru. Chief guest and Guest speaker Dr.Thippeswamy H.M., Reader, Public Health Dentistry, JSS Dental College Mysuru and Guests of Honor Dr.Sunil Kumar D, Professor and Head, Department of Community Medicine and Sri Shivashankar S P, Head Master, JSS High School, SS Nagara, Dr.Rashmi S, Senior Resident, Department of Community Medicine, and Mrs Jyothi, Teacher of JSS High School, Mysuru

inaugurated the event by watering the plant.

Dr.Thippeswamy H.M. spoke about the ill effects of Tobacco use and motivated the students to pledge to \*Say No to Tobacco\* . A drawing competition and Essay writing were arranged for high school students with the theme We Need Food, Not Tobacco on 27<sup>th</sup> May 2023. Prizes and Certificates were distributed during the event. Dr.Amoghashree, Assistant Professor, Postgraduates Dr.Shruddha and Dr.Lekha Shree, staffs of JSS High School were also present on the occasion.

Winners of the Drawing competition - Ms Pratiksha K 1<sup>st</sup> prize, Ms Spoorthi 2<sup>nd</sup> prize, Ms Sinchana 3<sup>rd</sup> prize, Essay competition - bIMs Pratiksha K 1<sup>st</sup> prize, Varshitha 2<sup>nd</sup> prize, Yogalakshmi 3<sup>rd</sup> prize, Likhitha Consolation prize.

## International Day against Drug Abuse and Illicit Trafficking

International Day against Drug Abuse and Illicit Trafficking was observed on 26<sup>th</sup> June 2023 to encourage more action and co-operation towards a drug free world by Department of Forensic Medicine and Toxicology on 26<sup>th</sup> June 2023 between 3.00 – 5.00 PM. Dr.H.Basavana Gowdappa, Principal, JSS Medical College, Dr. Praveen Kulkarni Vice-Principal (Para Clinical), and Sri S.R.Satish Chandra- Administrative officer, JSS Medical College, graced the occasion. The session commenced with a role – play by third year MBBS students, highlighting the ill effects of drug abuse and how one can learn to make responsible choice under such circumstances.



**Role Play sensitising ill effects of drug abuse**



The resource person was Dr.Elizabeth Frank, Entrepreneur, Medical Biochemist, Researcher, Lab Management Consultant, working with a software group as a domain expert to build AI based clinical decision-making tools and a lab management tool. Dr.Elizabeth Frank delivered invited lecture on the topic “What, Why and How of Drug Abuse”

Mr Sam Varghese, Director, Leader Impact, Mysuru introduced the participants to Drug Awareness Photo Contest - Focus Life, organised by Leader Impact and Character Solutions International in partnership with Students in Touch. The said photo contest intended to raise awareness among college students regarding growing menace of drug mafia.



## Activities to promote Holistic well-being and work life balance

### Yoga

#### YOGATHON : 2023 – 15/01/2023

The theme “YOGA” is an ancient practice intended to enlighten the physical, mental, and emotional excellence of an individual. The theme aims to inspire the yoga community for global development through physical and mental fitness. Yogathon2023 is one of the largest yoga and health movement that aims to enable the youth to take charge of their health. It took place across 31 districts of Karnataka on 15th January 2023. This programme was conducted to initiate Yogathon Guinness World Record (GWR) attempt for the world’s largest yoga lesson plan.



The programme was held in the racecourse Mysuru. The event was started with the “Nada Geetha” at 7:30 AM, later inaugural speech given by the deputy commissioner followed by keynote address by district MLA Ramdas. Later actual YOGA session was started and it was conducted for 45 minutes, where different asanas(postures)were practiced by more than 41 thousand participants. One

hundred and twenty-eight (128) registered NSS student volunteers from JSS Medical College, and from the division of Allied Health Sciences (AHS), took part actively in the event. The event ended by offering a vote of thanks followed by the national anthem. The whole event was held successfully with the valuable support from the authorities of JSS Medical College, JSS AHER, and the administrators from the respective constituent colleges. The programme was coordinated by Dr. Anshu Kumar Yadav, Dept. of Biochemistry, and Dr. Srinath C.G, Dept. of Physiology along with the NSS program officer, Dr. M. V. Ravishankar, and assistant NSS programme officer. Manu G.

## **International Yoga Day – 21/06/2023**

Department of Clinical Psychology & Yoga, JSS Medical College & Hospital, JSS Academy of Higher Education and Research, Mysuru organized a programme in observance of “International Yoga Day” on 21st June 2023 between 6.30 to 8:30 am at Suttur Sri Kshetra on the theme "Yoga for Vaishiava Kutumbakam".

The special emphasis of the programme was on “Yoga for Student Mental Health” to ensure better physical, mental & spiritual health among students with average and special abilities. Around 2500+ students of JSS schools participated and practised Yoga from 6.30 to 7.30 AM. The programme was preceded and followed by the talks of the dignitaries. Chief Guest, Sri S.P.Udayashankar Sir, Administrative Officer, JSS Institutions, Suttur and Guests of Honour, Dr.B.Manjunatha Sir, Registrar and Dr.Vishal Kumar Gupta Sir, Dean Academic, JSS AHER had their gracious presence and blessings throughout the programme.

## **National Service Scheme (NSS) -INTERNATIONAL YOGA DAY (IYD) 2023**

NSS unit, JSS Medical College, AHER, Mysuru conducted yoga session on 21st June 2023 in the auditorium between 6:45 am-7:30 am. Various types of “Yoga” postures, and pranayama technique was taught and demonstrated by yoga coach Ms. Jahnvi V Madhu, 4th semester M.Sc. and Ms. Monika D, 2nd semester. They were the students from the department of Yoga JSSAHER, Mysuru. The yoga session was involving the active participation of students and faculty members of JSS Medical College, Mysuru. The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru, Dr Vijaya Vageesh, Dept. of Physiology, and Mr. Srujan, Department of Yoga, AHER. The program was supervised and coordinated by NSS program officers, NSS unit, JSS Medical College, Mysuru.



## **Zumba Session**

### **“Step to the beat, to Step down the Pressure”**

Department of Community Medicine, JSS Medical College, JSS AHER, Mysuru organized Zumba session at Sri Rajendra Auditorium, JSS Medical College, Mysuru on 20th May 2023 on the occasion of World Hypertension Day with the theme “Step to the beat, to Step down the Pressure”.

Chief guest Dr H Basavana Gowdappa, Principal, Guests of Honour Dr Suma M N, Vice Principal (Pre Clinical), Dr Praveen Kulkarni, Vice Principal (Para Clinical), and Sri S R Satish Chandra, Administrative Officer, organizers Dr Sunil Kumar D, Professor & Head, and Dr Amoghashree, Assistant Professor, Department of Community Medicine, JSS Medical College were present. Zumba Instructor Mr Arjun, Dance for you Institute, Mysuru conducted a 1 hour session for teaching and Non teaching staffs of JSS AHER, Mysuru.

Around 100 staffs participated and enjoyed The zumba session.



## Sports Activities

Sl. No.	Name of the Tournament, Place & date	Games	Result
1	JSS Medical College Annual Sports Meet 2022; 25.05.2022 to 17.07.2022 Sports Meet inaugurated by Dr.Kushalappa Director, Academic JSS AHER Prize distribution by Dr.C.P.Madhu Director, JSS Hospital	All Games	Final Year student got overall championship trophy. Best Male Athlete-Mr.Goutham Best Female Athlete -Ms. Meena
2	State Level Inter Medical Colleges Sports Fest (Spandan 2022) 28.08.2022 to 04.09.2022	Futsal  Chess  Athletics	Men Winner  Individual Championship Mr.Shet Prajwal P. Ms.Ompriya  Ms.Meena Iyer 1500mtr-2 <sup>nd</sup> Place 800mtrs-3 <sup>rd</sup> Place Ms.Neelanjana Datta 100 Mtrs-2 <sup>nd</sup> Place 400 Mtrs-3 <sup>rd</sup> Place Ms.Parvathi Discuss Throw-2 <sup>nd</sup> Place
3	State Level Inter Medical Sports Fest Organised by Rajarajeshwari Medical College, Bengaluru 28.09.2022	Chess	Mr.Shet Prajwal P. Winner (Individual) Ms.Ompriya Best Player
4	Inter Collegiate Sports Fest (U Fest-2022) 17 <sup>th</sup> to 21 <sup>st</sup> September 2022	Games & Athletics	JSS Medical College Overall championship of the Fest
5	Karnataka State Fide Rater Open Chess Championship organised by Karnataka State Chess Association 29.09.2022 to 01.10.2022	Chess	Mr.Shet Prajwal P. (III Year MBBS) State Champion and selected for National Championship
6	District Level Inter Medical Sports Fest Organised by Mysuru Medical College & Research Institute, Mysuru 4-11-22 to 6-11-22	Table Tennis	Ms.Harshini P. Runner-up (Individual Event)
7	State Level Inter Medical Sports Fest Organised by Bengaluru Medical College & Research Institute, Bengaluru 5 <sup>th</sup> to 7 <sup>th</sup> November 2022	Basketball	Women Runner-up
8	National Level Inter Medical Sports Fest Organized by AFMC, Pune 3rd to 6th May 2023	Chess	Men & Women Team Game- 3rd Position Individual Mr.Shet Prajwal P. Got three gold medal



			1.Classic Format 2.Rappid Format 3.Blitz Format
9	State Level Inter Medical Sports Fest Organized by Shri Dharmasthala Manjunatheshwara University, Dharwad 4th to 7th May 2023	Basketball	Men & Women Both teams got bronze medal (3rd position)
10	State Level Open Tournament organized by JSS Science & Technology University, Mysuru in the name JAYCIANA-2023. 11-06-2023 to 24-06-2023	Chess	Men Individual Mr.Shet Prajwal P. Final MBBS
11	JSS Medical College Annual Sports Meet- 2023 24th April to 10th June 2023 Chief Guest for the inauguration function (9th June 2023) Sri Rameshwara Mahapatra (Former National Badminton Player Chief Guest for the Prize distribution function on 10th June 2023 Dr.Manthappa Vice Principal (Clinical), JSS Medical College & Hospital, Mysuru	Team games and Athletic events	III MBBS students got over all championship 2023 Mr.Goutham and Mr.Rohinth awarded as best male Athlete (shared) & Ms.Neelanjana Dutt awarded as best female Athlete for 2023.

## Photo collage



## International Grandmaster Chess Tournament



Mr. Prajwal P Shet, Final Year MBBS student, participated in 1<sup>st</sup> Mayor's Trophy International Grandmaster Chess Tournament, which took place in Indore from 1<sup>st</sup> April to 8<sup>th</sup> April 2023. He was placed 38<sup>th</sup> in the merit list. The tournament was an international event (above 1800 rated), where more than 200 players participated, 80+ Titled players from various countries took part. Prajwal P Shet ended the tournament with 6 points out of 10 rounds, beating Grandmaster Mirzoev Azer, from Azerbaijan in the first round.

## SDM Dharwad Sports fest



State Level Inter Medical Sports Fest Organized by Shri Dharmasthala Manjunatheshwara University, Dharwad. Both teams got bronze medal (3<sup>rd</sup> position)

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## Annual Sports Meet

Annual sports meet was organized from 24<sup>th</sup> April to 10<sup>th</sup> June 2023. Chief Guest for the inauguration function Sri Rameshwara Mahapatra (Former National Badminton Player. Dr.Manthappa, Vice Principal (Clinical), JSS Medical College & Hospital, Mysuru was the Chief Guest.

More than 300 participants (both men & women) took part in the sports events.

III MBBS students got over all championship 2023.

Mr.Goutham and Mr.Rohinth were awarded best male Athlete (shared) & Ms.Neelanjana Dutt was awarded best female Athlete for 2023.



**AMOGHOTHSAVA – 16<sup>th</sup> to 18<sup>th</sup> June 2023:** Sports events as part of Amoghotsava 2023 began with the inaugural function on 16<sup>th</sup> June 2023 for BSc, MSc, MPH programs of Allied Health Sciences students.

The Chief Guest was Dr.H.Basavana Gowdappa, Principal, JSS MC, and Guests of Honour were Dr.Suma M.N., Vice Principal, Sri S.R.Satish Chandra, Administrative Officer, Smt.Shilpa P, Assistant Administrative Officer were present among the dignitaries. The sports coordinators among faculties and students were also present along with students and referees during the function.

The event began with a March Past, torch light and motivational speech by Guests.



The Amoghotsava -2023 valedictory ceremony took place on June 18, 2023, at 5 p.m. in the grounds of JSS Medical College. The valedictory ceremony started with an invocation song followed by a welcome speech by Dr. Preksha. Chief Guest was Dr. Praveen Kulkarni, Vice Principal Para Clinical, JSS MC, who addressed the gathering. Sports coordinators Dr. Anil Bilimale, MPH Chief Coordinator, JSS MC, Dr. Sulochanadevi B C, Assistant professor, SPH, JSS MC, Dr. Vinutha Assistant Professor, Dept. of Anatomy, JSS MC, and Mr. Lokeshappa, organized and coordinated the sports events

All the B.Sc., M.Sc., MPH, and other Allied Health Sciences students participated enthusiastically. Winners were honored with medals and certificates, and the best players received the trophies and certificates. Experiences were shared by students, and finally, the function ended with a vote of thanks.



## Cultural Activities

### AMOGHOTSAVA-2022

JSS Medical College, JSS Academy of Higher Education & Research had organized the cultural fest for Allied health science students- "AMOGHOTSAVA-2022" on 18<sup>th</sup> & 19<sup>th</sup> July 2022. Various events organized under the fest were, face painting, pencil sketching, dance faceoff, Poetry Writing, Mad-Ads, Mehendi, Group Dance, Solo Singing- Non-Classical/Classical, flash mob, band, air crash, mime, couple dance, best clicks, best clicks, fashion show. Students of Allied health science courses participated in all the events with great zeal and enthusiasm.



## **THANDAVAM (DANCE COMMITTEE)**

### **Suttur (Dance Competition):**

On the 18<sup>th</sup> of January 2023, a dance competition was organised at Suttur Mut. The 1st year students showed an active participation in the dance event.



### **Introduction to 1st Years and Hook Step Challenge:**

On 26th February 2023, the club organised an introduction session for the 1st years. It was an interactive session where we discussed the work carried out by the committee which was followed by an impromptu dance session where the members showcased their talent.



### **Women's day:**

On the 29th March 2023, the students of 1st year MBBS, girls specifically, did an amazing performance for the faculty and staff of JSS Medical College to showcase women empowerment and their essential role in modelling the society.



### **Dance Meet:**

On 30th April 2023, another jam session was organised by the club where we encouraged our members to showcase their talent. This session included Dance battle and Reel making thus keeping the students engaged.



### **Annual Sports Meet:**

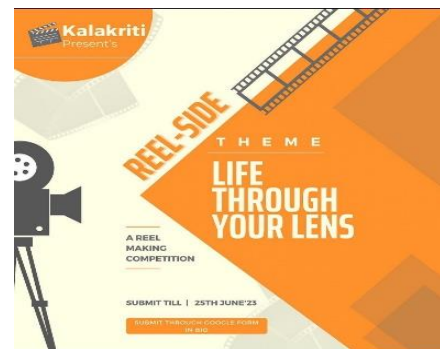
On 9th June 2023, Annual Sports Meet was organized where the students performed during its opening ceremony. It included a semi classical performance and 2 western dance performances by the members of the club. The performances were incredible and deeply acknowledged by the audience.



## **KALAKRITI [FINE ARTS COMMITTEE]**

### **Reel Side:**

An innovative competition was organised by the committee under which the participants had to make a 40 second reel on the theme of LIFE THROUGH YOUR LENS. The committee received many responses thus making the event a great success.



## **MYRIAD [DRAMA COMMITTEE]**

A workshop on Improv, which is a form of acting in which participants must improvise their acting and dialogues in order to come up with witty and humorous short skits, was held at Sri Rajendra Auditorium on 26th of March 2023. It was organised by the core committee members of Myriad, the Drama Club of JSSMC. The workshop saw a good turnout of students with a mix of 1st, 2nd and 3rd years. There were 32 participants in total and we expect to see even larger numbers in our future events.



The workshop was divided into 4 parts. It started off with a warmup round wherein each participant had to add on to a story with a line starting with subsequent letters of the alphabet, for example the first person had to say a line starting with A followed by the next person continuing with a line starting with B.

The next round was another improv skill building game called 'and then' wherein participants had to enact a situation given to them for 1 minute with a partner, without contradicting them or repeating the sentences.

The next 2 rounds were fast paced and helped everyone think on their toes. The rounds were questions- wherein participants had to converse on the given topic only in the form of questions, and the other round was words- wherein everyone was divided into groups of 4 and given a set number of words that they were allowed to use to enact the scene. This round

was very well received as a wide variety of situations, from foreigners at an Indian restaurant, coming up with a startup idea etc. were given.

The final round was a press conference round, where participants had to spontaneously come up with answers to a 'press conference'. This round was also very interactive and involved all the participants at once. At the end of the workshop the top 6 participants were recognized. This workshop helped students improve their acting skills and helped them become more confident about enacting spontaneously. They were given feedback on ways to improve, and briefed about the various events that they could take part in as a part of Tatvam. Overall, the event was a great success and we hope to have many more such events in the future. We thank our teachers and vice principal for giving us this opportunity.

### **MUSIC MEDICINE MASTI [MUSIC COMMITTEE]**

In 2023, the music club conducted a jam session on 22<sup>nd</sup> April 2023. Students from all phases of MBBS participated and jammed their hearts out. Many rounds like PoV, Trivia and Translate were conducted.



### **AMOGHOTSAVA 2023 CULTURAL FEST – Allied Health Sciences students**

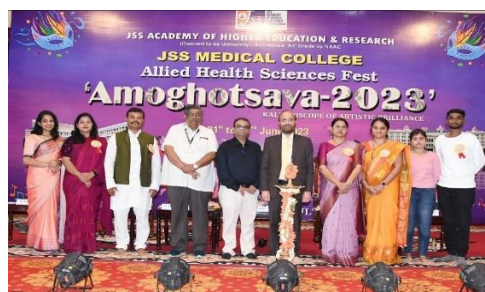
Amoghotsava, “kaleidoscope of cultural brilliance”, the cultural fest of Allied Health Sciences was held on the 21<sup>st</sup> and 22<sup>nd</sup> of June 2023. The fest brought together students from various backgrounds such as BSc, MSc and MPH and created a vibrant atmosphere. The cultural fest showcased a multitude of captivating performances, dances, music, and other artistic forms. The event started off with each batch performing a flash mob. Students made a feel of a festival by decorating the college premises and the reception area. Bright and colorful flower carpets added to this.



The inaugural ceremony took place at Rajendra Auditorium, JSS Medical College with the esteemed presence of Dr.Surinder Singh, Vice Chancellor, JSS AHER. The occasion was also graced with the presence of Dr.Suma M.N, Vice Principal (pre-clinical) & Dean, Faculty of Biomedical Sciences, Dr.Praveen Kulkarni, Vice Principal (para-clinical), Mr.Satish Chandra, Administrative officer, and Ms. Shilpa, Assistant Administrative officer, JSSMC, Dr.Kalabharathi H.L, Professor, Dept of Pharmacology, Dr.Vijaya Vageesh, Associate Professor, Dept of Physiology and Dr.Anil S Bilimale,



Chief MPH Coordinator, School of Public Health. Words of wisdom and wishes were received from the esteemed guests. The event was declared open. The support and guidance from our organizing chairpersons Dr.Kalabharathi H.L, Professor, Dept of Pharmacology, Dr. Vijaya Vageesh, Associate Professor, Dept of Physiology and Dr. Shilpa D.M, Assistant Professor, School of Public Health made this event possible.



**The list of events held & prize winners details are as follows**

Event	Names of Prize winners	Comments
Pencil sketching	Ms. Riya from BSc 1 <sup>st</sup> year and Ms. Preksha from BSc 2 <sup>nd</sup>	Students received the chance in bringing out their artistic and literary talents
Poetry writing	Ms. Manaal from BSc 2 <sup>nd</sup> year and Dr. Preksha from MPH	
Solo classical Dance	Ms. Pooja Mohan from MSc won the 1 <sup>st</sup> prize followed by Ms. Raskhitha Hegde who won the 2 <sup>nd</sup> prize.	The audience was thrilled in watching the performances of our dancers
Face painting	Ms. Shasna from BSc Intern and Ms. Deeksha from BSc 2 <sup>nd</sup> year won 1 <sup>st</sup> and 2 <sup>nd</sup> prizes.	A world of colors and creativity was put forth by the students
Debate: The topics given for debate were carbon dioxide emission: the major cause of global warming and whether nuclear weapons should be banned across the globe or not	Mr. Eyob and Ms. Arya from BSc 3 <sup>rd</sup> year won the 1st prize. The 2 <sup>nd</sup> prize was won by Mr Abhiraam and Ms Mehreen from the dept of Clinical Psychology.	Participants expressed their strong views and opinions on these topics and supported their points
Mehendi	Ms. Syeda from BSc 3 <sup>rd</sup> year and Ms. Shasna, BSc interns won the best prizes.	Students showcased their creativity & patience in putting Mehendi
Spot dance	Ms. Niya from BSc 3 <sup>rd</sup> year won the best prize followed by Dr.Minu from MPH	Participants exhibited their dancing skills on stage empowering the audience

Solo singing classical	Ms. Nima, BSc Intern won 1 <sup>st</sup> prize and Ms. Shilpa, dept of clinical psychology won the 2 <sup>nd</sup> prize.	Participants rendered melodious performance
Mime	Kashish and team from BSc 1 <sup>st</sup> year won 1 <sup>st</sup> prize and Roshinand team from BSc interns team won the 2 <sup>nd</sup> prize.	The participants presented with interesting performances.
Aircrash which was conducted in the gallery.	Dr. Chaithra from MPH won 1 <sup>st</sup> prize for her performane as Mr.Amitabh Bachan. Mr.Abhiram from clinical psychology wonthe 2 <sup>nd</sup> prize.	Each participant were given a famous personality to act upon.
Solo dance non-classical	Ms AnanyaHegde, BSc 1 <sup>st</sup> year and Ms. Niya Joby, BSc 2 <sup>nd</sup> year won the 1 <sup>st</sup> prize. Ms. Anjana Nambiar from MSc 2 <sup>nd</sup> year won the second prize.	Great energy, grace and performance were exhibited by the students.
Solo singing non-classical.	BSc 3 <sup>rd</sup> year won the 1 <sup>st</sup> prize and Ms. Dhaaniya from BSc 1 <sup>st</sup> year won the 2 <sup>nd</sup> prize.	Melodious performance
Pictionary.	Mr. Akshay and team from BSc 3 <sup>rd</sup> year won the 1 <sup>st</sup> prize and Ms. Bindu and team from BSc 1 <sup>st</sup> year won the 2 <sup>nd</sup> prize.	The event was entertaining and fun for the participantsas well as the judges
Group dance non-classical	Ms. Shruthi and team from BSc 1 <sup>st</sup> year won the 1 <sup>st</sup> prize for their amazing performance. The2 <sup>nd</sup> prize was won by Ms. Ananya and team from BSc 1 <sup>st</sup> years.	The participants created a world of rhythm, harmony, vibrancy and sheer joy of moments
Musical band.	Chelsea and team from BSc 1 <sup>st</sup> years won the best prize	event ignited the stage and resonated within the minds and bodies of the audience
Fashion show	Ancy and team of BSc interns won 1 <sup>st</sup> prize with their captivating performance	A display of elegance, innovation and glamour. The audience was dazzled as the runway transformed into an impeccable style.



Students displayed their skills and talents through the moments they captured. The valedictory function was graced by the esteemed presence of Dr.Vishal Kumar Gupta, Dean of Academics, JSS AHER, Dr.Suma M.N, Vice Principal (pre-clinical), Dr.Praveen Kulkarni, Vice Principal (para-clinical), Mr.Satish Chandra, Administrative officer, Smt.Shilpa, Assistant AO, JSSMC, Dr.Kalabharathi H.L, Professor, Dept of Pharmacology, Dr.Vijaya Vageesh, Associate Professor, Dept. of Physiology and Dr.Anil S Bilimale, Chief MPH Coordinator, School of PublicHealth and prizes were distributed to all the winners & coordinators.



Poetry writing



Pencil sketch



Solo Dance Classical



Mime



Air Crash Participants



Fashion Show

## Literary Activities



JSS Medical college magazine SAMARTHYA, 2020-21 secured first prize. Dr. H.Basavanagowdappa, Principal, President, Literary & Magazine committee, Dr. Tejashree.A, Chairman and Dr.Pushpa .N.B, Member secretary, Literary & Magazine committee, JSS Medical College, received the prize during the 107th Jayanthi Celebrations of Srimanmaharaja Rajaguruthilaka H.H.Jagadguru Dr.Sri Shivarathri Rajendra Mahaswamiji at Sri Suttur Math, Mysore on 18-08-2022.



Nithya R from 1st year MBBS - 2021 batch presented Poster on Tetralogy of Fallot- CHANTCON 2022.



Nithya R from 1st year MBBS - 2021 batch participated Histo- Art competition conducted as part of Anatomy National level online competition for undergraduate students organised by department of Anatomy, MES Medical college, Perinthalmanna, Kerala



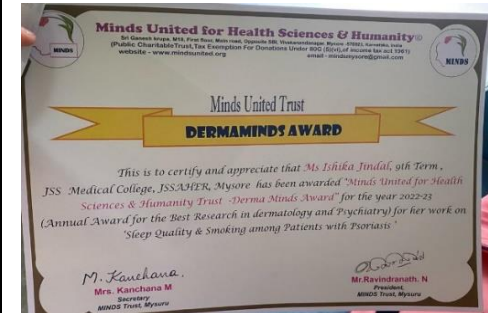
- Shreya Vakharia first year MBBS had participated in the U fest debate competition and won 2nd prize
- She had participated in the Model UN Assembly organized as a part of JSS- National Undergraduate medical conference-Asclepius 2022 on 20<sup>th</sup> and 21<sup>st</sup> of October 2022 and won honourable mention prize.
- She participated in research methodology and diagnostic skills workshops organized as a part JSS- National Undergraduate medical conference-Asclepius 2022 on 18<sup>th</sup> and 21<sup>st</sup> of October 2022



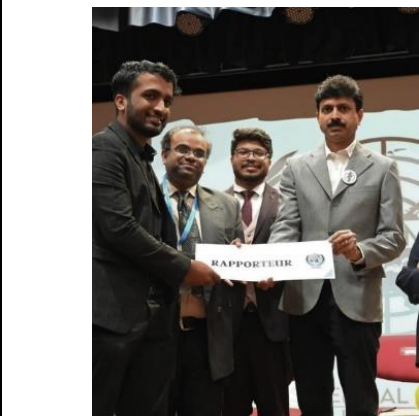
- She has participated in 7<sup>th</sup> Annual International conference BGCI 2022 organised by JSSMC from 1<sup>st</sup> – 3<sup>rd</sup> July 2022.



Khushi Mittal, MBBS phase -1 took part in Azadi ka Amruthamahotsav and got 3rd position.



Ms. Ishika Jindal, 9<sup>th</sup> term MBBS student participated in Derma Mind Award. She won prize with trophy, certificate and won cash prize of Rs.3000.00/-



Akhtar Zamil, 9<sup>th</sup> term MBBS had participated in the Asclepius- 2022, National UG conference organised by JSS Medical college, as the Rapporteur for the JSSMC MUN event.



Jyoti Singhania, MBBS Phase-1 had participated in the Elsevier Olympiad and qualified for the merit list.



- Kumud Dhankhar, MBBS 2nd year, had participated in "Occam's Razor- pre and paraclinical quiz" in Asclepius 2022 along with Saurabh Maheshwari (MBBS 2nd year) and secured 1st position.
- He presented the research work in Asclepius 2022 on the topic "Knowledge, attitude, and perception of the general public towards the impact of hemoglobinopathies on pregnancy outcomes- A survey- based study"



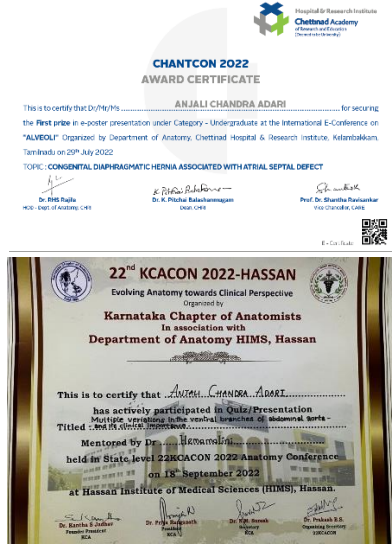
- Vaidehi Ajay 1st year MBBS - 2021 batch participated Histo Art competition conducted as part of Anatomy National level online competition for undergraduate students organised by department of Anatomy, MES Medical college, Perinthalmanna, Kerala
- She participated Poster making competition conducted as part of An-Art-Omy National level online competition for undergraduate students organised by department of Anatomy, MES Medical college, Perinthalmanna, Kerala
- She participated in Asclepius events and was a delegate in JSSMCMUN (model united nations) and won honorable mention.



Ria Goel, 2nd Year MBBS, had presented case in Asclepius-2022, JSS National UG conference organised by JSS medical college, Mysore on 18<sup>th</sup> to 23<sup>rd</sup> October 2022.



Ananya Awadhesh Thaker, and Anubhuti Agarwal, 2nd year MBBS have attained the 2nd place in Pre and Para-Clinical Quiz in Asclepius in 2022, JSS National UG conference organised by JSS Medical college, Mysore on 18<sup>th</sup> to 23<sup>rd</sup> October 2022



- Anjali Chandra Adari participated and won 1st place for poster in "Chantcon 2022" conference hosted by Chettinad academy of research and education. Poster title "Congenital Diaphragmatic Hernia Associated with Atria Septal Defect".
- She presented a poster at 22nd KACON2022 – HIMS poster title " multiple variations in the ventral branches of abdominal aorta and its clinical importance - A case report".



- Hemant Kumawat and Praneet of 1st MBBS participated in the UG quiz competition on the occasion of world anatomy day at MSRamaiah Medical College.
- He participated young dissector competition conducted as part of Anatomy National level online competition for undergraduate students organised by department of Anatomy, MES Medical college, Perinthalmanna, Kerala.
- Hemant Kumawat of 1<sup>st</sup> MBBS got selected for the second round for EBSO (Elsevier Basic sciences) Olympiad.



- Nilanjana Dutta from 3rd year MBBS had participated in Asclepius 2022 Clinical Quiz held on 19th October, 2022.
- She had participated in Asclepius 2022 Clinical case presentation held on 19th October, 2022.
- She had participated in NEUROFEST 2022: NIMHANS Academic conference and took part in the Neuroradiology workshop on 30th October, 2022.



Ram Charan, MBBS 3rd year part 1, MBBS student participated in Tatvam Poetry competition and got 1<sup>st</sup> place.



Pravallika Rao, from 1st year MBBS - 2021 batch participated young dissector competition conducted as part of Anatomy National level online competition for undergraduate students organised by department of Anatomy, MES Medical college, Perinthalmanna, Kerala.



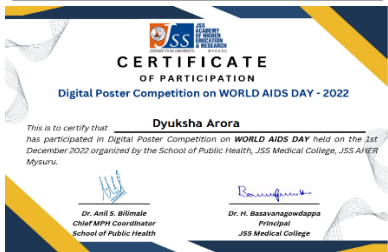
- Sona Sudi, from 1st year MBBS - 2021 batch participated young dissector competition conducted as part of An-Art-Omy National level online competition for undergraduate students organised by department of Anatomy, MES Medical college, Perinthalmanna, Kerala.
- She participated and won 1st place for poster in "Chantcon 2022" conference hosted by Chettinad academy of research and education. Poster title





"Congenital Diaphragmatic Hernia Associated with Atria Septal Defect"

- She presented case in Crime scene investigation, Asclepius-National UG conference organised by JSS medical college, Mysore.
- She had presented case in Pre & para clinical quiz in Asclepius-National UG conference organised by JSS medical college, Mysore.
- She secured high commendation position in Model united nation event of Asclepius- 2022, National UG conference organised by JSS Medical college, as the Rapporteur for the JSSMC MUN event.
- She had presented case in Townhall: Digital health & AI in Asclepius-National UG conference organised by JSS medical college, Mysore



- Dyuksha Arora, 5<sup>th</sup> term had presented poster titled "Diaphragmatic Hernia- A Review" in "Chantcon 2022" conference hosted by Chettinad academy of research and education.
- She participated in World AIDS day poster making competition under JSS school of public health
- She participated in essay competition on 'Need of the hour- Uplifting women is uplifting humanity' got selected as National Officer for Research, AMSEP India and was Joint Secretary and member of core committee, Asclepius'22



- Kaustubh Gaur participated in AMSACON 2022 held at Amritsar from 6-10 July 2022.
- He participated in IMA state level quiz and secured 2<sup>nd</sup> position
- He presented paper at 2<sup>nd</sup> online international conference on traditional and alternative medicine.
- He participated in the "The telephone and telemedicine in clinical medicine: An instrument of opportunity and Risk during august 2022 organised by The Harvard Medical School.



- He was awarded best crisis solver in Forensic medicine on 8<sup>th</sup> November 2022 by University of Oxford
- He has completed training in Digital health and health care quality during October – November 2022 by Kings College of London.



Aman Kumar Singh and Mohammed Adnan Ibrahim from MBBS Phase 1 participate in Tatvam events and won the 2<sup>nd</sup> place in the anime quiz this time

### JIPMER SPANDAN – 31<sup>st</sup> August to 4<sup>th</sup> September 2022

- Sreya Tejasvi and Pallavi Agarwal, from 3<sup>rd</sup> term MBBS participated in a literary event named Cryptic crossword
- Kumud Dhankhar, 3<sup>rd</sup> term MBBS, participated in Creative writing as well as Flash Fiction
- Shiv Sawhney and Shubhi, 3<sup>rd</sup> term MBBS participated in Cryptic crossword
- Shiv Sawhney, 3<sup>rd</sup> term MBBS Turncoat debate on topic "Children should earn their own allowance and Shipwreck
- Nandini Gupta and Vatsala Verma, 8<sup>th</sup> Term MBBS participated in Cryptic crossword
- Riti Gireesh, 8<sup>th</sup> term participated in the event Malarkey, held on the 31<sup>st</sup> of August 2022
- Shreyas Eswaran, 8<sup>th</sup> Term participated in formal Debate event, Cryptic crossword, general quiz.
- Parth Rangan, 6<sup>th</sup> Term MBBS participated in general quiz.
- Dhruv vasa, Sehjal Sandhar and Sharanya Bose, 3<sup>rd</sup> term MBBS participated in Potpourri and won 2<sup>nd</sup> prize.

## Samarthya magazine Cover page competition 2022-2023

For the college magazine SAMARTHYA 2022-23, Literary and magazine committee had announced cover page and logo competition for the students in the month of November 2022 and there were good number of submissions for the same. The submissions were reviewed by the committee and participants were awarded certificates. Entries were designed based on the theme “Holistic Health- need of the hour”. Dr.H.Basavana Gowdappa, Principal, Dr.Suma M.N., Vice Principal (Pre clinical), Dr.Manthappa M, Vice Principal (Clinical), Mr.S.R Satish Chandra, Administrative officer, JSS Medical College Dr.Tejashree A, Chairman, Dr.Pushpa N.B., Member secretary and members of the literary and magazine committee Dr.Shashidhara KC, Dr.Adarsh T , Dr.Kusuma K.S., Dr.Amoghashree, Dr.Nagashree V were present during the occasion. Entries by Krishna Rajmohan and Drish Vasa were selected to finalize the cover page.



## WHO conference at the General Assembly of United Nations Headquarters, New York City

Sarada Samanta, 9th Term MBBS student, participated in WHO conference at the General Assembly of United Nations Headquarters, New York City on 26.03.2023. Topic: Building national capacities for health emergencies and disaster management and health system resilience. Attended by thousands of young leaders from around the world, where she represented India, all coming together to discuss the ongoing issues faced in our world and to explore possible solutions. The guest speaker was Mr. Boris Tadic, Ex President of Serbia and had a panel discussion on geopolitics.



## Insight 2023 conference at AIIMS Delhi.

Shiv Swaney and Drish Vasa 7<sup>th</sup> term MBBS students had participated in a Palpable Thrills Junior (Pre and Para Clinical quiz at AIIMS Delhi and were qualified for the written final round.

Team Member 1	Team Member 2	College
Shivany Borkotoky	Ashwin Sui Krishna	JIPMER, Pudu
Anchal Bhojwani	Tarunam Mukherjee	ABVMs, New
Ajankya D Nair	Karish Gog	AIIMS, New1
Medhansh Kapoor	Ashish Pant	VMMC, New1
Adwin Kishore	Vedansh Verma	SRMC, Chh
Shiv Swaney	Drish Vasa	JSSMC-MP
Shrua Datta	Digvijay Singh	AIIMS, Pat
Yanika	Vedhi	LJMMC, New1
Aryam Saxena	Abhishek Gaur	VMMC, New1
Om Shah	Meghal	BJMC, Alwar
Hemalatha	Hiraprasad	JIPMER, Pudu
Pritya	Nikhil	MAMC, New1
Zahid Sayid Iqbal	Sugandhi Harish	JIPMER, Pudu
Madhupriya S	Vanika	SBMC, Chh
Nika Bansal	Shankh Pa	JNMC, Bely
Bikash Aggarwal	Sahil Agrawal	SRBMCH, Gu
Kaifika S	Jaanvi	MMC, Chh
Akash Datta	Nika Chandhary	KGHU, Luck
Pankaj Singh	Anchal Sami	AIIMS, New1
Abhay Chhargar	Smit Walke	AIIMS, New1
Anveeta Sautan	Harchata Rastogi	KMC, Mangl

# INSIGHT 2023

THE PALPABLE THRILLS  
JUNIOR QUIZ  
SCREENING ROUND  
RESULTS

These top 40 teams have qualified for the Finals which will be conducted at AIIMS, New Delhi.

## Insight 2023 conference at AIIMS Delhi.

Shiv Sawhney also attended Laparoscopy, Radiology, Surgical Skills workshops at Insight 2023 conference at AIIMS Delhi.










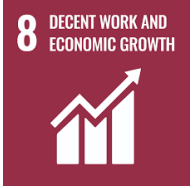



## Graduation Day - Release of College Magazine

Annual college magazine Samarthya 2022-23 was released on 19<sup>th</sup> April 2023 Divine Presence of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji by Dr.C.G.Betsurmth (Executive Secretary JSS Mahavidyapeetha). Dignitaries present during the occasion were Dr. Prathima Murthy (Director, NIMHANS, Bangalore), Dr.B.Suresh (Pro Chancellor) Dr.Surinder Singh (Vice Chancellor, JSSAHER), Dr.Prashanth V (Director - Research), Dr.R.Sudeendra Bhat (Controller of examinations), Dr.B.Manjunatha (Registrar, JSSAHER), Dr.Basavana Gowdappa (Principal, JSS Medical college), Dr.CP Madhu (Medical Superintendent, JSS Hospital), Dr.Suma M.N. (Vice principal- Pre) Dr.Praveen Kulkarni (Vice Principal- Para clinical), Dr.Manthappa M (Vice principal- Clinical), Dr.Tejashree A (Chairperson – Literary & Magazine committee) Dr.Pushpa.N.B. (Member secretary, Literary & Magazine committee) , Dr.Adarsh T, Mr.Pulastya Gangopadhyay.



## Institutional Accomplishments

### The Times Higher Education Impact Rankings 2023

 <p><b>Rank in India: First</b> Global Ranking: 16<sup>th</sup> Participating Institutions: 1218</p>	 <p><b>Rank in India: First</b> Global Ranking: 65<sup>th</sup> Participating Institutions: 876</p>	
 <p><b>Rank in India: Third</b> Global Ranking: 100-200 Rank Participating Institutions: 586</p>	 <p><b>Rank in India: Fourth</b> Global Ranking: 201-300 Rank Participating Institutions: 647</p>	 <p><b>Rank in India: 15<sup>th</sup></b> Global Ranking: 201-300 Rank Participating Institutions: 702</p>
 <p><b>Rank in India: 2<sup>nd</sup></b> Global Ranking: 201-300 Rank Participating Institutions: 901</p>	 <p><b>Rank in India: 6<sup>th</sup></b> Global Ranking: 301-400 Rank Participating Institutions: 1625</p>	 <p><b>Rank in India: 9<sup>h</sup></b> Global Ranking: 401-600 Rank Participating Institutions: 960</p>
 <p><b>Rank in India: 23<sup>rd</sup></b> Global Ranking: 401-600 Rank Participating Institutions: 873</p>	 <p><b>Rank in India: 18<sup>th</sup></b> Global Ranking: 401-600 Rank Participating Institutions: 735</p>	
 <p>(DEEMED TO BE UNIVERSITY) MYSURU</p>	<p><b>Rank in India: Seventh</b> Global Ranking: 301-400 Participating institutions: 1519/HEIs from 115 Countries/Regions</p>	

We at JSS Medical College Support Sustainable Development Goals

**SCIMAGO Institutions Rankings (SIR)-2023** (Schematic representation)



**Epidemiology**  
**6<sup>th</sup> Rank**



**Psychiatry and Mental Health**  
**6<sup>th</sup> Rank**



**Obstetrics and Gynecology**  
**10<sup>th</sup> Rank**



**Otorhinolaryngology**  
**12<sup>th</sup> Rank**



**Oncology**  
**19<sup>th</sup> Rank**



**Forensic Medicine & Pathology**  
**14<sup>th</sup> Rank**

## QUESTIONS ADDRESSED ON PEACE, JUSTICE AND STRONG INSTITUTIONS (SDG 16)

Details Related to SDGs	Evidence with documents	Weblink to support the details
<b>College &amp; University governance measures</b>		
Does your College & University as a body have elected representation on the University / College's highest governing body from:	Yes – Explain and attach evidence /documents supporting your explanation	<ol style="list-style-type: none"> <li><a href="https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=63&amp;MID=11005&amp;SMID=0">https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=63&amp;MID=11005&amp;SMID=0</a></li> <li><a href="https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=66&amp;MID=11005&amp;SMID=0">https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=66&amp;MID=11005&amp;SMID=0</a></li> <li><a href="https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=68&amp;MID=11005&amp;SMID=0">https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=68&amp;MID=11005&amp;SMID=0</a></li> <li><a href="https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=117&amp;MID=11005&amp;SMID=0">https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;PID=10001&amp;CID=2&amp;DID=117&amp;MID=11005&amp;SMID=0</a></li> <li><a href="https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;CID=0&amp;MID=11007&amp;SMID=11802&amp;PID=10001">https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;CID=0&amp;MID=11007&amp;SMID=11802&amp;PID=10001</a></li> <li><a href="https://jssuni.edu.in/jssaaher/jssaaher-iqac/members.html">https://jssuni.edu.in/jssaaher/jssaaher-iqac/members.html</a></li> <li><a href="https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;CID=0&amp;MID=11007&amp;SMID=11803&amp;PID=10001">https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;CID=0&amp;MID=11007&amp;SMID=11803&amp;PID=10001</a></li> <li><a href="https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;CID=0&amp;PID=10001&amp;MID=11007&amp;SMID=11801">https://jssuni.edu.in/JSSWeb/WebShowFromDB.aspx?MODE=SSMD&amp;CID=0&amp;PID=10001&amp;MID=11007&amp;SMID=11801</a></li> <li><a href="https://jssuni.edu.in/jssaaher/jssaaher-cclpe/cclpe-home.html?MID=11009&amp;CID=0&amp;PID=10001">https://jssuni.edu.in/jssaaher/jssaaher-cclpe/cclpe-home.html?MID=11009&amp;CID=0&amp;PID=10001</a></li> <li><a href="https://jssuni.edu.in/jssaaher/jssaaher-about-us/jssaaher-authorities-home.html">https://jssuni.edu.in/jssaaher/jssaaher-about-us/jssaaher-authorities-home.html</a></li> <li><a href="https://jssuni.edu.in/jssaaher/jssaaher-about-us/jssaaher-authorities-home.html">https://jssuni.edu.in/jssaaher/jssaaher-about-us/jssaaher-authorities-home.html</a></li> <li><a href="https://jssuni.edu.in/jssaaher/jssaaher-about-us/jssaaher-authorities-home.html">https://jssuni.edu.in/jssaaher/jssaaher-about-us/jssaaher-authorities-home.html</a></li> </ol>
Evidence		
Comment		
Does your College & University as a body recognize a students' union?	Yes – Explain and attach evidence /documents supporting your explanation	<ol style="list-style-type: none"> <li><a href="https://jssuni.edu.in/jssaaher/college-of-pharmacy-mysuru/cpm-committee.html">https://jssuni.edu.in/jssaaher/college-of-pharmacy-mysuru/cpm-committee.html</a></li> <li><a href="https://jssuni.edu.in/jssaaher/college-of-pharmacy-mysuru/cpm-committee.html">https://jssuni.edu.in/jssaaher/college-of-pharmacy-mysuru/cpm-committee.html</a></li> <li><a href="https://jssuni.edu.in/jssaaher/college-of-pharmacy-mysuru/cpm-committee.html">https://jssuni.edu.in/jssaaher/college-of-pharmacy-mysuru/cpm-committee.html</a></li> </ol>
Comment		
Details Related to SDGs	Evidence with documents	Weblink to support the details
Does your College & University as a body have a policy on supporting academic freedom (freedom to choose areas	Yes – Explain and attach evidence /documents supporting your explanation	<ol style="list-style-type: none"> <li>The final year B Pharm students are given the opportunity to select the elective subjects in the end semester of their course.</li> <li>The students can also select the PG Diploma courses of their choices during their M Pharm or Pharm D Courses.</li> </ol>

of research and to speak and teach publicly about the area of their research)?		3. The faculties can give guest lectures on their area of research in other academic institutions and in public places.
Does your College & University as a body have a publication of College & University financial data?	Yes – Explain and attach evidence /documents supporting your explanation	1. <a href="https://jssuni.edu.in/jssaher/jssaher-about-us/jssaher-authorities-home.html">https://jssuni.edu.in/jssaher/jssaher-about-us/jssaher-authorities-home.html</a> 2.
<b>Details Related to SDGs</b>	<b>Evidence with documents</b>	<b>Weblink to support the details</b>
Does your College & University as a body provide specific expert advice to local, regional or national government (e.g., through policy guidance, participation in committees, provision of evidence)?	Yes – Explain and attach evidence /documents supporting your explanation	1. Some of the faculties are members of local government bodies like Karnataka Registered Pharmacists Association(KRPA), Chemists and Druggists Association of Mysore and Bangalore region and Indian Pharmaceutical Association and they provide their expert advice in these committees. 2. Yes, some of the faculties of are college have been elected as members of National bodies like Pharmacy Council of India(PCI), Association of Pharmaceutical Teachers in India(APTI) and provide their expert advice in these meetings.
Comment		
Does your College & University as a body provide outreach, general education, upskilling and capacity-building to policy- and law-makers on relevant topics e.g. economics, law, technology, migration and displacement, and climate change?	Yes – Explain and attach evidence /documents supporting your explanation	1. Our University & College conducts various outreach programs on health screening, Vaccination drives, Educational awareness program to the general public and villagers on How to provide first aid treatment in various types of poisoning and also educate the women and girls on menstrual hygiene. 2. An orientation program on “Laws pertaining to drugs and their uses” is conducted every year during the College Induction Program to the



		new students who join our college for all the different courses.
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Comment

Does your College & University as a body undertake policy-focused research in collaboration with government departments?	Yes – Explain and attach evidence /documents supporting your explanation	<ol style="list-style-type: none"> <li>1. <a href="https://jssuni.edu.in/jssaher/research/projects.html">https://jssuni.edu.in/jssaher/research/projects.html</a></li> <li>2. <a href="https://jssuni.edu.in/jssaher/college-of-pharmacy-mysuru/research.html">https://jssuni.edu.in/jssaher/college-of-pharmacy-mysuru/research.html</a></li> <li>3. <a href="https://jssuni.edu.in/jssaher/outreach/Index.html">https://jssuni.edu.in/jssaher/outreach/Index.html</a></li> <li>4. <a href="https://jssuni.edu.in/jssaher/activities-and-events/ActivityAndEventList.aspx?CATCODE=NSS&amp;OPTION=0">https://jssuni.edu.in/jssaher/activities-and-events/ActivityAndEventList.aspx?CATCODE=NSS&amp;OPTION=0</a></li> </ol>
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Evidence		1. <a href="https://jssuni.edu.in/jssaher/outreach/pdf/NSS-Annual-Report-2022-23.pdf">https://jssuni.edu.in/jssaher/outreach/pdf/NSS-Annual-Report-2022-23.pdf</a>
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Comment

**Proportion of graduates in law and civil enforcement**

Number of graduates	Pharmaceutical Jurisprudence - Every year 100 students	Every year around 100 students study the Jurisprudence
Number of total graduates from law and enforcement related courses	300	Total of 300 students from different course gets graduated from all the different course of our college.

## Research Projects

Title	Investigators	Funding agency	Fund
Yoga therapy module for improvement of circadian pattern of blood pressure in non-dipper hypertensive patients	Dr.Madhu B Dr.Srinath C G Dr.Vijayavageesh, Dr.Vinitha K R, Dr Nagashree.V	DST-SATYAM	55,00,000
Acceptability and Effectiveness of Mental Healthcare Services to Adolescents among Urban and Rural Areas of Mysuru District by the use of Medical technology	Dr Sunil Kumar D Dr Haripraksh Dr Saurish Hegde	Mamta HMIC, New Delhi	1,00,000
Effect of traditional Indian folk games to improve physical activity in individuals with cerebral palsy – An Observational study-ICMR	Mr. A . Mansoor Rahman Dr Jagdish Kumar.K	ICMR	24,00,000
Enhancing identification and counseling skills of medical and dental undergraduate students using customized elearning module on Tobacco counseling – An education innovation project using ADDIE framework	Dr Chandrashekhar B R Dr.Kishore.M Dr Praveen K	ICMR Extramural	25,00,000
Coping up with dream course: A study of stress, stressor and coping strategies among 1st year medical students	Dr.Pushpa N.B	JSS AHER	40,000
Prevalence and role of sociodemographic variables, Family planning services, Gender preferences and Decision making on Sterilization Regret among Women in Urban, Rural and Tribal areas.	Ms. Palak Talwar Dr. Smitha M C	JSS AHER	50,000.
A quality Study on the teachers perspective of substance abuse among school students	Ms.Rose Kurian MPH Student	JSS AHER	25,000
Assessing the feasibility of practicing integrated Yoga and Transcendental	Dr. Madhu.S Mr. Sujan	DST-SATYAM	5,50,000

Meditation to reduce perceived stress, anxiety and improve the quality of life by frontline COVID warrior women in Mysuru,	Dr. Srinath C G Dr. Rajesh		
Sexual Abuse among Nursing Students and its correlation to coping Skills and Psychiatric morbidity	Co-PI- Dr.Kishore. M	RGUHS	50,000
Effectiveness of yoga based cardiac rehabilitation (Yoga-CaRe) in heart failure : A Randomized controlled clinical trail (Yoga-CaRe-Heart Failure Trail	Dr. Sunil Kumar S Dr. Manjappa M, Dr. Vinay Kumar K, Dr. Prathiba Periera	ICMR Task force (By CCDC,New Delhi)	12,84,240.

## Publications

1. Sangeetha S R, Manoj K Pandey. Demographic and occupational correlates of job satisfaction and work efficiency in police personnel. High Technology Letters. 2022 Jul;28(4):202-215.
2. M Mathew, J Lucca, R Raman, Dr Ramesh Madhan. Cognitive Impairment Among Patients with Alcohol Use Disorders: An Observational Study from South Indian Teaching Hospital. Value in Health. 2022 July;25(7): S319.
3. Preethi R Bhat, Stavelin Abhinandithe K, Madhu B, S Balasubramanian, Sahana K S. Analysis of Road Accidents In Kerala, India, Using Data Mining Techniques. International Journal of Biology, Pharmacy and Allied Sciences. 2022 Oct;11(9):1-14.
4. Faiyaz Shakeel, Shahid Ud Din Wani, Mansour Almuqbil, Sultan Alshehri, Seema Mehdi, Kishor M, Atiqulla Shariff, Mohammad T Imam, Krishna K L. Analysis of Antidepressants Utilization for Patients Visiting Psychiatric Out-Patient Clinic in a Tertiary Care Hospital. Healthcare (Switzerland). 2022;10(10):1-13.
5. Lakshmikanth S Reddy, Chandrakanth H V, Kumar Pooswamy, Usha Hegde, Vidya Gowdappa Doddawad, Priyanka Nitin, Balaraj B M, Nagabhushana Doggalli. Histological Assessment of Cellular Changes in Post-Mortem Keratinised And Non-Keratinised Oral Epithelial Samples At Different Time Intervals. Journal of South India Medicolegal Association. 2022 Sep;14(2):95-103.
6. Sathyanarayana Rao T S, Nilesh Shah, Chittaranjan Andrade. Marital Rape in India. Journal of Psychosexual Health. 2022;4(4):221-222.
7. Sarosh Sarwar, Johanna S Canenguez Benitez, Ramaswamy Sundararajan. Advantages and Disadvantages of Using St. John's Wort as a Treatment for Depression. Cureus. 2022 Sep;14(9):e29468.
8. B R Sahithya, B N Roopesh, Mr Rithvik S Kashyap. Stress, mental health, and resilience during the COVID-19 pandemic lockdown: Preliminary findings of an online survey in India. Journal of Mental Health and Human Behaviour. 2022;26(2):100-108.
9. Ikenna D Ebuenyi, Steven Jones, Murali Krishna., Harshini Suresh, Nihar Mal, Sumanth M Majgi. Screening for mental illness using GMHAT App of patients with Type 2 diabetes

mellitus at a teaching institute hospital in India – A cross sectional study. *Journal of Family Medicine and Primary Care*. 2022 Oct;11(10):5924-5929.

10. Praveen S, Vinay J, Hugar B S, Jayanth S H. The forensic evaluation of burnt human remains - A case report. *Journal of Indian Academy of Forensic Medicine*. 2022 Dec;44(2):105-108.
11. Ms Seema Mehdi, Dr Kishor M, Atiqulla Shariff, Nabeel Kinattungal, Shahid Ud Din Wani, Sultan Alshehri, Mohammad T Imam, Faiyaz Shakeel, Kamsagara L Krishna. Omega-3 Fatty Acids Supplementation in the Treatment of Depression: An Observational Study. *Journal of Personalized Medicine*. 2023 Jan 27;13(2):224.
12. Ms Patteswari D, Dr Rajesh Raman, Rithivik S Kashyap, Murali Krishna TN, Manoj K Pandey. Impact of Parental Deprivation and Psychological Well-Being among Adolescent Orphans: A Systematic Review. *Journal for ReAttach Therapy and Developmental Diversities*. 2023 Jan;6(s1):125-139.
13. Meghana Narendran, Dr Renuka M, Dr Narayana Murthy M R. Loneliness, social support networks, mood, and well-being among the community-dwelling elderly, Mysore. *Indian Journal Of Medical Specialities*. 2023 Jan;14(1):37-41.
14. Emily Bebbington, Rob Poole, Anne Kraye, Sudeep Pradeep Kumar, Murali Krishna, Peter Taylor, Keith Hawton, Dr Rajesh Raman., Mohan Kakola, Dr Madhu Srinivasarangan, Catherine Robinson. Establishing Self-Harm Registers: The Role of Process Mapping to Improve Quality of Surveillance Data Globally. *International Journal of Environmental Research and Public Health*. 2023 Feb;20(3):1-15.
15. Pradeep Kumar P C, Sojan Antony, Pratima Murthy, A Thirumoorthy, Mariamma Philip. Association of Social Network Characteristics with Substance Use among College-Going Young Adults: A Cross-Sectional Study. *Indian Journal of Psychological Medicine*. 2023 Mar;45(2):155-161.
16. Tanya Seshadri, Nandini Velho, Giridhar R Babu, Prashanth N Srinivas, C Madegowda, Yogish Channabasappa, Sumanth Mallikarjuna Majigi, Dr Deepa Bhat. Response to correspondence article on the research protocol titled Towards Health Equity and Transformative Action on tribal health (THETA) study to describe, explain and act on tribal health inequities in India: A health systems research study protocol [version 1; peer review: awaiting peer review]. *Wellcome Open Research*. 2023;8(155):1446-1456.
17. Manoj Kumar Pandey, Dr Sathyanarayana Rao T S. Sexuality Education in India Yet Remains a Taboo—An Attempt to Dust-Off. *Journal of Psychosexual Health*. 2023;5(1)11-12.

18. Aakash Pavan Kumar, Dr Nayanabai Shabadi, Bikram Sinha Roy, Anchu R Nath, Mr Arun Gopi. Association of Physical Activity and Screen Time Usage of Adolescents in Rural Areas of Mysore. *Digital Journal of Clinical Medicine*. 2023;5(1):1-8.
  19. E Anjuga Elavarasi, Dr Smitha M C, Manasa Kenchegowda, B N Kruthika. Depression and stigma experience among patients with tuberculosis in urban and rural settings. *Indian Journal of Tuberculosis*. 2023 Mar 29.
  20. Yara A Alnashwan, Syed Sarmad Javaid, Haneil Larson Dsouza, Alok Atreya, Ahmed Mustafa Rashid, Dr Arun M, Ritesh George Menezes, Magdy A Kharoshah. Incidence and Comparison of Suicide in Various Phases of the Menstrual Cycle: a Systematic Review and Meta-analysis. *Acta Informatica Medica*. 2023 Mar;31(1):76-83.
  21. Vinita Ramnani, Sakshi Ramnani. Commentary: Effect of Yoga in Glaucoma Patients. *Indian Journal of Ophthalmology*. 2023 May;71(5):1765-1766.
  22. Lakshmi Nagendra. The View from Here: A Woman Early Career Endocrinologist in India. *Indian Journal of Endocrinology and Metabolism*. 2023 Mar-Apr;27(2):115-117.
  23. Manoj K Pandey. An exploration of psychological distress, work efficiency, and job satisfaction among police personnel of Mysuru district. *High Technology Letters*. 2023 Feb;29(2):177-195.
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