



JSS Academy of Higher Education & Research

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JSS Medical College, Mysuru

Swasthya

Promoting
Health & Well-being
in the Community

**A Compendium of
Community Outreach Programmes
2018-2023**

Foreword

"Let it serve as a reminder that education is not confined to the walls of a classroom but extends far beyond, into the hearts and lives of those we touch."



With a deep sense of pride and gratitude that I extend my sincere greetings to you upon introducing this distinguished compendium "Swasthya" A compendium of Community outreach programmes 2018-2023" detailing the endeavours and accomplishments of our institution in the Community Outreach Program. As the college's principal, I am privileged to present this publication, which encapsulates the essence and impact of our college's commitment to community engagement. This compendium documents the exceptional contributions of our students, faculty, and staff towards creating a positive impact in the community. The diverse range of activities showcases our college's multifaceted approach towards making a tangible difference in the lives of those less fortunate.

In our unwavering dedication to providing a comprehensive education, we recognise the profound importance of instilling a sense of social responsibility in our students. The Community Outreach Program stands as a beacon of our commitment to nurturing individuals who excel academically and comprehend the imperative of contributing meaningfully to the society they inhabit.

At the core of our commitment to community outreach lies a profound understanding of the pressing need for such programs. In an era characterised by social complexities and challenges, educational institutions are responsible for instilling in their students a deep-seated empathy and understanding of the world beyond the classroom. The Community Outreach Program serves as a conduit through which students acquire practical experience, develop critical interpersonal skills, and cultivate a genuine sense of compassion.

I extend my warm regards to the team including staffs, teaching & non-teaching faculty, coordinators, students who have extended their continued support in fostering health and well-being in the community that values education not only as a means of personal advancement but as a force for positive change in the world.

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Editorial

JSS Institutions which have originated out of basic tenet of Sri Suttur Paramapara of giving back to community, have always endorsed the need for initiatives which reaches out to the farthest underprivileged persons in the community with its Trividha dasoha.

“Swasthya” - A compendium of community outreach programmes 2018-23, has been an effort to underscore all such initiatives taken up by the JSS Medical college, Mysuru. Being a health institution, promotion of health & well-being among the community has been primary in the outreach ventures of the institution. It wouldn't be an exaggeration if we quote that these initiatives would certainly make the 4th kind of dasoha of arogya & swasthya samsarakshana.

It was an immensely inspirational task to compile the outreach programmes of JSS Medical College and Hospital into one book. As one takes note of the amount of people and communities the Hospital and College been able to reach out to, one is ignited with a stronger sense of duty to do their bit in giving it back the community.

These pages reflect the hard-work of authorities, teachers, doctors, and students in spreading health awareness, health education, mitigation of disease-risk and even psycho-education regarding mental health concerns to communities and students of areas in and around Mysuru.

We, are grateful to the Principal & members of Advisory board, who had reposed their confidence in us for doing justice to this great work of creating a testimonial of the last 5 years journey of community services.

We immensely thank all the coordinators of NSS, JSS Urban Health Center, JSS MAN Program, JSS Hospital, faculties of various departments who have shared the data with us and supported us with timely inputs.

As you peruse this book, we hope you take pride in the vastness of this outreach, and feel inspired to initiate and join more community outreach programmes.



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A glance at our out-reach activities



NSS Activities



Urban Health Center Activities



Community Mental Health Activities



Medical Camps



Health Exhibition & Other Out-reach programmes



Outreach Activities Through National Service Scheme at a glance

॥ सेवा हि परमो धर्मः॥

Health Promotion through NSS

The National Service Scheme (NSS) in India has played a significant role in health promotion through its various activities and initiatives. JSSAHER has long aligned itself with the aims of NSS in promoting development of the personality and character of students through community service.

Various activities under NSS programme have been regularly carried out by JSS Medical College Students every year. The activities includes but not limited to the list below:



The NSS in India actively contributes to health promotion by organizing a range of activities that address various aspects of healthcare. Through community engagement, awareness campaigns, and direct service, JSS has been playing a vital role in improving the health and well-being of individuals and communities around various districts of south Karnataka. .



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Health Awareness Programmes

AIDS Awareness Rally

2018: 12 AIDS Awareness Programmes were organized in Mysuru and Chamrajanagar Districts by NSS Unit of JSS Medical College in collaboration of Department of Community Medicine and JSS Urban Health Centre jointly organised “World AIDS Day 2018” On 1 December 2018, with the objectives: Urge people to know their HIV infection status through testing, and to access HIV prevention, treatment and care services; and Urge policy-makers to promote a “health for all” agenda for HIV and related health services, such as tuberculosis (TB), hepatitis and noncommunicable diseases.



CHIKUNGUNYA & DENGUE FEVER

2018:

The NSS Unit of JSS Medical College in collaboration of Department of Community Medicine and JSS Urban Health Centre jointly organised an Awareness Programme on Dengue Fever and Chikungunya Fever.

DENGUE AWARENESS

2021

The NSS Unit organized a Dengue Awareness Programme in JSS High School, Bannimantap in the light of rise of Dengue cases in Mysuru, on 23rd November 2021.

Beneficiaries: 140 School children



National Nutrition Week

JSS community celebrates National Nutrition Week every year from September 1st to 7th to bring attention to how important nutrition and good eating habits are. The week usually has a lot of different events, campaigns, and educational programmes that are meant to encourage good nutrition and stop people from being malnourished. Events that teach people about the importance of a balanced diet, how food choices affect health, and ways to deal with malnutrition.

The NSS Unit of JSS Medical College in collaboration of Department of Community Medicine and JSS Urban Health Centre jointly organises “National Nutrition Week” every year.



Activities to disseminate key messages during National Nutrition Week stresses on how important it is to eat a variety of nutrient-rich foods, stay hydrated, and how nutrition can help avoid a number of health problems. The week could also focus on how important eating is at different points in life, like during pregnancy, as a baby, as a child, as a teenager, and as an adult.

Through National Nutrition Week programmes, JSS team encourages people to talk about healthy eating habits within their communities, help people understand their nutritional needs, and encourage them to make smart decisions for their health and well-being.

"To eat is a necessity, but to eat intelligently is an art."

- La Rochefoucauld.

Rural Health Camps

Overcoming healthcare problems in India requires holding community health camps that make care easier to get, encourage preventive care, raise knowledge, and deal with specific health problems that affect different groups.



2019

NSS Unit of JSS Medical College conducted its Annual Special Camp on 24th to 30th of March 2019. in the Tribal Haadi's of Ramapura Village, Kollegal Taluk, Chamrajanagar District. The camp was started on 24th March with a formal inauguration programme at Ramapura Village.

The free health checkup camps was organized across various villages and tribal haadis like Dinalli, Arjun Doddi, Gollara Dimba, MM Hills and Ramapura village of Kollegal Taluk, Chamrajanagar District.

Beneficiaries: Total of 1089 patients out of 19434 population got the benefits of the free camp. 86 people benefited from a Free Dental Health checkup camp was held on 28th of March.

"A healthy outside starts from the inside." - Robert Ulrich

NSS Unit of JSS Medical College conducted a School Health Camp and screening programme for students of Government Primary School, Civil Police Quarters, Jalapuri, Mysuru; on 10th March 2020.



2022

NSS Unit of JSS Medical College conducted Annual Camp from 14th to-20th of March 2022 at Naguvannahalli Gram Panchayat limits, Srirangapattana Taluk, Mandya district.

Beneficiaries: 903



“Healthy citizens are the greatest asset any country can have.” - Winston Churchill

2023

NSS Unit of JSS Medical College, Mysuru conducted a Special Camp from 20th-26th February 2023, at Someshwarapura Gram Panchayat limits, Varuna Hobli, T Narasipura Taluk. The medical camp was conducted in Someshwarapura, Kambralli Matha, Basalli hundi, Kochana halli, Koodana halli, Makana Hundi.

Beneficiaries: 963



Health and Hygiene Awareness Initiatives

SWACHH BHARAT ABHIYAN

As a part of the Swachh Bharat Abhiyaan, NSS unit of JSS Medical College, JSS Academy of Higher Education & Research, in association with Department of Physiology, JSS Medical College, conducted an educative session for spreading awareness on health and hygiene in JSS High School, Bannimantap, on 19th August 2019. The NSS volunteers addressed the students of eighth, ninth and tenth grade. The main focus of the session was to acquaint the young minds with the proper technique of hand washing, waste segregation at source and menstrual hygiene.



RAINWATER HARVESTING

NSS, JSS Medical College Unit, organized an educative session on rain water harvesting and water conservation and its role in the prevention of non-communicable diseases at JSS High School, Bannimantap, on 19-08-2019 under the JAL SHAKTHI ABHIYAAN of Government of India.



Beneficiaries: The audience consisted of 136 students of 8th, 9th and 10th standard of JSS High School.

"Environmental cleanliness begins with each individual desire to be clean."
— Lailah Gifty Akita

Health & Hygiene Awareness Initiatives

BIO-WASTE MANAGEMENT

In the wake of the rise of infectious disease, NSS organized Bio Waste Management Programmes.

The first one was conducted on 23 November 2021 in JSS High School, and JSS PUC, Bannimantap, Mysuru with over 8 volunteers participating in it. Students were educated about biomedical waste, use of color coded dustbins, disposal of house hold waste and mask disposal. This was achieved through the medium of poster and skit presentation and with active interaction with the students.



Beneficiaries: Around 140 students

MENSTRUAL HYGIENE

An awareness programme was conducted on 23 November 2021, in JSS Pre-University College, Bannimantap, Mysuru. The topics covered were about importance of menstrual hygiene, proper disposal of pads, necessary dietary modifications while menstruating and common taboos about menstruation.

Beneficiaries: 40 adolescent girls



Health & Hygiene Awareness Initiatives

RADIATION HAZARD

To address the lack of awareness about radiation and its potential hazards, the NSS unit of JSS Medical College, Mysuru conducted an awareness programme in JSS High School, Bannimantap, Mysuru on 23 November 2021. 4 sessions were conducted to educate over 140 students about both pros and cons of radiation and letting them decide the judicious way of usage



BIO-WASTE MANAGEMENT RALLY

With the aim of generating awareness regarding proper biomedical waste disposal among the public the Department of Health and Family Welfare organised a public awareness Rally as a part of the project “Environmentally Sound Management of Biomedical Waste in India” initiated by UNIDO (United Nations Industrial Development Organisation) on 22nd September 2018. NSS Volunteers took part in this rally. The participants held placards with messages on proper disposal of Biomedical Waste and pamphlets on Waste Disposal were distributed to the bystanders.

Communities and countries and ultimately the world are only as strong as the health of their women.”
- Michelle Obama

World Blood Donors Day

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood. World Blood Donor Day is celebrated on the 14th of June every year, and celebrated by NSS according to the theme given each year.

2022

Theme: Blood donation is an act of solidarity. Join the effort and save lives

The NSS Unit of JSS Medical College, Mysuru, jointly with Blood Bank, JSS Hospital Mysuru organized the World Blood Donors Day 2022 on 11th June 2022 in the Physiology Practical Lab. 100 students participated and 63 donated blood.



2023

Theme: Give Blood, Give Plasma, Share Life, Share Often

The NSS Unit of JSS Medical College, Mysuru, jointly with Blood Bank, Department of Pathology JSS Hospital Mysuru organized the “World Blood Donors Day 2023” on 9th June 2023 in the Clinical Physiology Lab. 129 students participated and 70 donated blood.



“Remember that the happiest people are not those getting more, but those giving more.” - H. Jackson Brown Jr.

COVID-19 Awareness

In the year 2020-2021. in the wake of the COVID-19 Pandemic, NSS organized several Health Awareness Programmes with the objective of creating awareness regarding risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, and most importantly the methods of prevention and precautions to be taken to safeguard oneself.



NSS National Integration Camp
Date: 05 March 2020
Beneficiaries: 150 NSS
Volunteers and NSS Officers
from 22 Universities



JSS Government Primary School,
Civil Police Quarters, Jalapuri,
Mysuru
Date: 10th March 2020
Beneficiaries: Students from Class
I-VII



JSS College for Women, Kollegal
Date: 13th March 2020
Beneficiaries: 80-100

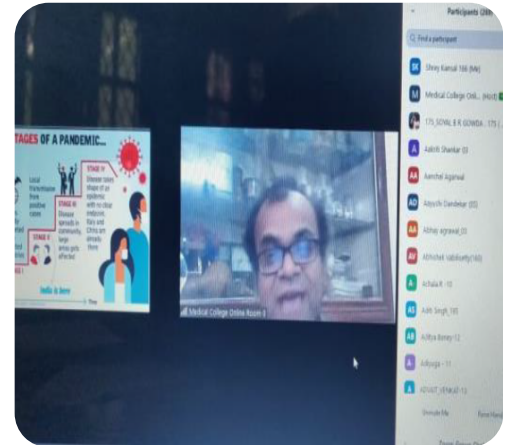


JSS High School, Ramapura
Date: 13th March 2020
Beneficiaries: 150

COVID-19 Awareness



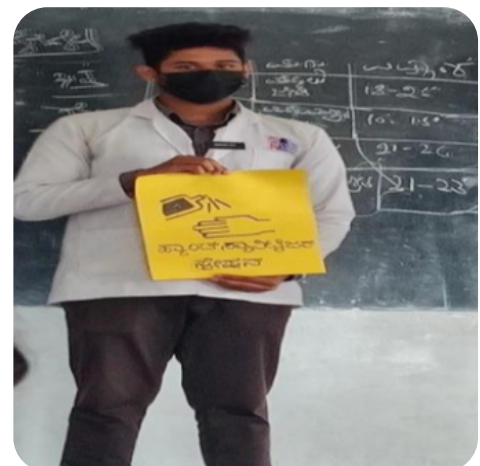
JSS Primary School,
Ramapura
Date: 13th March 2020
Beneficiaries: 150



Online Awareness Programme
Date: 20th March 2020
Beneficiaries: NSS Volunteers
and Students of JSS Dental
College and JSS AHER



Online Symposium on COVID-19
Date- 5 October 2020



JSS PUC, Bannimantap,
Mysore
Date- 23 November 2021
Beneficiaries: 60 students



**JSS Urban Health Care
Center -
Outreach Activities
at a glance**

Health Promotion through Urban Health Centre



JSS Urban Health Center, located approximately 3 km from JSS Medical College, serves a community of 8,000 slum dwellers. Operating under Department of Community Medicine, it adheres to a core principle of delivering comprehensive healthcare encompassing promotive, preventive, curative, and rehabilitative services.

The center actively engages in training undergraduates, postgraduates, interns from JSS MC, students from JSS Nursing College, PG Department of Social Work, and interns from the Dental College. Free health camps are organized for vulnerable populations, and the center actively participates in observing health days and implementing National Health programs.

With a focus on multidisciplinary collaboration, the center conducts research activities and manages internal and externally funded projects. Notably, it provides basic laboratory services, advanced treatments through specialty clinics and engages in need-based initiatives targeting different groups, fostering community participation, conducting awareness sessions, and supporting women's empowerment through activities like vocational training courses.

This multifaceted approach aligns with the center's commitment to delivering comprehensive healthcare.



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OUTREACH THROUGH CELEBRATION OF INTERNATIONAL DAYS

ADOLESCENT DAY

Department of community Medicine, JSS Urban Health Center, JSS Medical College, Mysuru observed Adolescent day in association with Inner wheel club of Mysuru Gold.



The programme was organized to create an awareness on Menstrual Health and Hygiene to girls studying in 5th to 10th standard of Government Higher Primary school and Government High School Yadavagiri, Mysuru at Yadavagiri school premises on 01.08.2023.

Beneficiaries: 40 women

ANTI MALARIA MONTH

Anti malaria month was observed on 15th of June 2022 in Rajarajeshwari colony, Bamboo bazar. Programme was organized in coordination with SDM self help group. Health inspectors of UHC Mr Santhosh HB and Mr Sunil YS created awareness on anti malaria month . They explained malaria symptoms, prevention and mode of spread

BENEFICIARIES: 33 WOMEN



DEWORMING DAY

On the occasion of National Deworming Day, health education regarding de-worming was given to students attending Government Primary School, HUDCO on 25.09.2019.

Additionally, Albendazole tablets were given to all children

Beneficiaries: 82 children.

HYPERTENSION DAY

With the theme of “Measure Your Blood Pressure Accurately, Control It, Live Longer” free general health camp for adults was organised at Hanchya Village at the premises of Government High School, Hanchya on 19th May 2023.

Beneficiaries: 40



NATIONAL SCIENCE WEEK

As a part of the DST (Department of State and Technology) - STUTI Awareness Programme, JSS organized a National Science Week from 22nd-28th February at JSS Women's Colleges and High School, along with Govt. school of Varuna and JNV Mysuru.

His Holiness Jagadguru Sri Deshikendra Mahaswamiji flagged off the Science-on-Wheels on 21st February 2022 as part of the annual Azadi ka Amrit Mahotsav.



Science-on-Wheels is a unique bus that contains research-related equipment such as the world's smallest and most portable live-cell imaging microscope (cytosmart), cancer cell lines, pH meters, colorimeters, micropipettes, and anatomical models of human organs. In addition to providing awareness on Science and Research to the interested public, this bus is internet-enabled and can stream programs anywhere in the world live. The Science-on-Wheels vehicle travelled around the district for a week, educating rural populations about science.

NATIONAL SCIENCE WEEK

As part of this week-long event National Science Week-2022, there were Science workshops, a Science expo, and lectures on Science to raise awareness on Science and Research among students from High Schools, Colleges, and women in rural & tribal areas.

Beneficiaries: 1851 students across all institutions.



NATIONAL NUTRITION WEEK- 2019

National Nutrition Week has been observed by the Department of Community Medicine in conjunction with UPHC every year.

The programme was presided by Dr. Champakamalini, MO of JSS UHC, Medhar Block. Health education was given to pregnant women, lactating mothers and mothers of children attending Anganwadi. Dr. Chandana H, postgraduate, Department of Community Medicine, JSSMC gave a talk on importance of consuming nutritious diet during pregnancy and lactation, exclusive breast feeding for six months, complementary feeding and to avoid bottle feeding.

Venue: Highway Circle Anganwadi Centre

Date: 11.09.2019.



NATIONAL NUTRITION WEEK- 2022

Date: 09.09.2022.

Venue: Urban Health Centre, Medar Block

As a part of observation of National Nutrition Week, Health education activity was conducted to spread awareness regarding various aspects of nutrition. The participants included adolescents, adults and elderly residing in the urban field practice area of JSSMC.

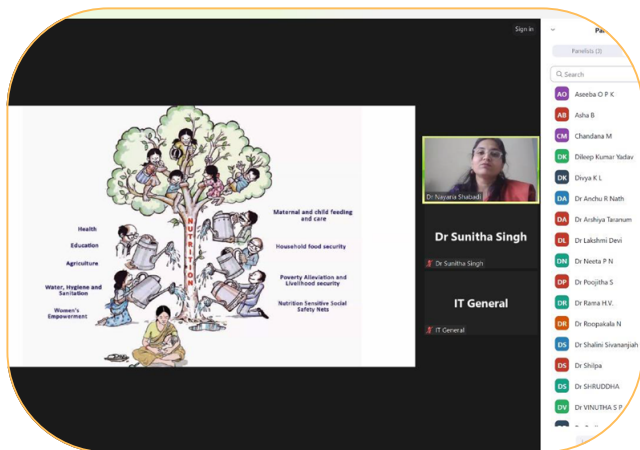
2 sessions were undertaken. Nutritional awareness was given among participants regarding dietary requirements, balanced diet, diet for diabetic and hypertensive patients



Additionally, a part of observation of National Nutrition Week, Health education activity was conducted at Haleemnagar, Bamboobazaar on 16th September 2022. Awareness on healthy diet was given based on individual approach for 20 individuals

Additionally, a part of observation of National Nutrition Week, Health education activity was conducted at Manjunathapura on 30th September 2022. Awareness on healthy diet was given based on individual approach for 20 individuals





Venue: Online

A Webinar on Healthy diet going affordable for all was organized by Dr. Nayana Shabadi, Assistant Professor, Department of Community Medicine, JSS Medical College. In total, 111 participants had registered for the webinar.

Venue: JSS Public School, J.P. Nagar

A Painting competition was organized for JSS public school students, J P Nagar on the theme “Fuel for the future: Right nutrition for Right Health”

Participants: 250



Venue: JSS Radio



Radio Talks in lieu of the week were given by faculties of Department of Community Medicine on topics such as ‘Simple Ways to Level-Up your Eating Habits’, ‘Staying Young: Nutrition Facts’, ‘Right Nutrition: Right Health’ and ‘Mindful Eating for Health Goals’

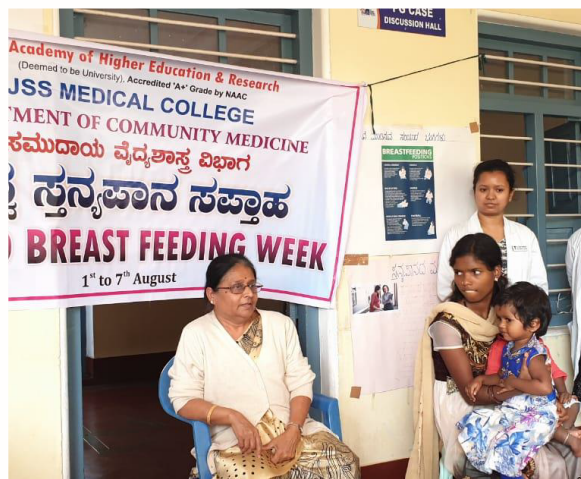
World Breast-Feeding Week

Department of Community Medicine, JSS Medical College observed Breast Feeding Week from 1st August to 7th August every year. . The topics covered are: importance of exclusive breast feeding, benefits of breastfeeding to mother and child, how mothers can prevent and overcome the complications which can happen during breastfeeding because of improper feeding practice

2019

Health Education Programmes were organized for pregnant and lactating women at Haleem Nagar; JSS Urban Health Centre, Medar Block; JSS Women's Degree College, Saraswathipuram and PHC, Kadokola.

Beneficiaries: 600+ women



World Breast-Feeding Week

2022

Health education programme was organized in MCC colony D block on 1st August, in UHC OPD on 2nd August, in F block on 3rd, Medar block Anganwadi on 4th and Haleem nagar on 5th & 6th August

Beneficiaries: 50 women

2023

Health Education Programmes were organized at UPHC, Bannimantap, Suttur Public Health Centre and Community Halls of Manjunathanagar and Haleem Nagar. Additionally, A Webinar was organized on 4th August by Dr. Mau B, Department of Community Medicine.

Beneficiaries: 309 women



World Diabetes Day



2019

Department of Community Medicine, JSS Medical College, JSS Academy of Higher Education and Research observed World Diabetes Day on 30th November 2019 at JSS Urban Health Centre, Medhar block, Bamboo Bazar, Mysuru.

As a part of the occasion various events were organized. An Awareness Jatha was carried out and the residents of Medar Block were invited to take part in the Health checkup at 10:00am. Throughout the Jatha, the residents of Medar block were given health education by showcasing placards, distributing pamphlets and by inviting them to make use of free medical camp. After the Jatha breakfast was arranged for all the participants.

111 people were screened out of which 35 were hypertensive and 38 were diabetic with 6 people being uncontrolled diabetic ($>300\text{mg/dl}$). Among the 38 diabetics 2 were newly diagnosed. HbA1C was done for 56 people based on their history and diabetic status.

World Diabetes Day



2022

Celebration of world diabetes day with awareness campaigns, educational seminars and a free diabetes screening camp.

Various events like awareness walkathon, followed by a lobby educational program at the hospital, free diabetes screening camp, educational symposium on gestational diabetes mellitus were conducted.



World Health Day

2023

The Department of Community Medicine, JSS Medical College, JSS AHER Mysuru, organized a health camp on April 25, 2023, to mark 75th World Health Day (Theme: Health for all) and promote regular health check-ups for its staffs. The event was held at the Sri Rajendra Auditorium, JSS Medical College, from 10 AM to 2:30 PM. The health camp aimed to provide comprehensive health assessments to staff, including measuring height, weight, BMI, Waist to hip ratio, blood pressure, Haemoglobin, blood sugar & ECG.

Beneficiaries: 260



Outreach Through Observation of International Days



selected posters from
poster competition

WORLD HEARING DAY

On the occasion of world hearing day on March 3, 2021, JSS Cochlear Implant group & Department of otorhinolaryngology, head and neck, JSS Medical College and Hospital organized a public awareness programme through poster competitions and camps at JSS Hospital.

WORLD HEART DAY

Health Education Program on Cardiovascular Diseases was conducted on the 30th of September, 2019 on occasion of World Heart Day at JSS Urban Health Centre, Medhar Block, Bamboo Bazaar.



World No Tobacco Day

World No Tobacco Day is observed annually on May 31st. This initiative was established by the World Health Organization (WHO) in 1987 to raise awareness about the health risks associated with tobacco use and advocate for effective policies.



World No Tobacco Day was observed on 31st May 2023 at the premises of JSS High School SS Nagara Mysuru. Essay and drawing competition were organized for the students of JSS High school, SS Nagara Mysuru with the theme “We Need Food, Not Tobacco”.

Additionally, a free general health camp was organized for the people of Ramnalli with the theme “We Need Food, Not Tobacco” at the premises of Government Higher Primary School, Ramnalli on 26th May 2023.



WORLD POPULATION DAY

World Population Day is an annual event, observed on July 11th every year, which seeks to raise awareness about global population issues, such as the importance of family planning, gender equality, poverty, maternal health and human right.

2019: “Family planning is a human right”.

On 11th July, the programme was arranged in Urban Primary Health Centre (UPHC), Bannimantap Mysuru. Awareness, talks & an exhibition for general population were conducted, by showing different methods and devices pertaining to family planning.



Beneficiaries: 300



2022: “A world of 8 billion: Towards a resilient future for all – Harnessing opportunities and ensuring rights and choices for all.”

Awareness was generated through a Family Planning Methods Exhibition. Among the exhibits “Medical eligibility criteria (MEC) wheel for contraceptive use” in Kannada was donated to Hadinaru PHC for the benefits of people.

2023:

A Workshop was organized at College for Women’s Saraswati Puram, Mysuru with talks, and skits centered on ‘Gender Equality’.

Beneficiaries: 300

WORLD TUBERCULOSIS DAY

World TB Day is an annual event, observed on March 24th every year, to raise public awareness about global burden of tuberculosis (TB), devastating health, social and economic impact of TB and also efforts to end the global TB epidemic.

World Tuberculosis day 2022 was conducted by Urban health centre from 24th to 31st March in field practice area, Bamboobazar. With the theme “Invest to end TB” Health education programmes and camps were organized in different area of Medar Block as per instruction of Medical officer of UHC.

Health Camps, Health Education, and Skits were used to generate awareness.





ವಿಶ್ವ ಕ್ಷಯರೋಗ ದಿನಾಚರಣೆ

ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯದಿಂದ ಕಾರ್ಯಕ್ರಮ



• ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ ಮೈಸೂರು

ನಗರದ ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯದ ಸಮುದಾಯ ವೈದ್ಯ ಶಾಸ್ತ್ರ ವಿಭಾಗ, ಜೆಎಸ್‌ಎಸ್ ನರ್ಸಿಂಗ್ ಕಾಲೇಜು, ಬಂಬೂ ಬಜಾರ್ ಮೇದಾರ ಬ್ಯಾನ್‌ನ ಜೆಎಸ್‌ಎಸ್ ಆರ್‌ಬಿನ್ ಹೆಲ್ತ್ ಸಹಯೋಗದೊಂದಿಗೆ ವಿಶ್ವ ಕ್ಷಯರೋಗ ದಿನವನ್ನು ಆಚರಿಸಿತು.

ಜೆಎಸ್‌ಎಸ್ ಆರ್‌ಬಿನ್ ಹೆಲ್ತ್ ಸೆಂಟರ್‌ನ ವೈದ್ಯಕೀಯ ಅಧಿಕಾರಿ ಡಾ.ಎಚ್.ವಿ.ರಮಾ, ನರ್ಸಿಂಗ್ ಕಾಲೇಜಿನ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕ ನಿಂಗರಾಜು ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಪ್ರಯತ್ನ ಆಯೋಜಿಸಿದ್ದ ಜಾಗೃತಿ ಜಾಥಾ ಚಾಲನೆ ನೀಡಿದರು. ಜೆಎಸ್‌ಎಸ್‌ನ ಸಿಂಗ್ ಕಾಲೇಜಿನ ವಿದ್ಯಾರ್ಥಿಗಳು ಕ್ಷಯ ನಿರ್ಮೂಲನೆ ಕುರಿತು ಸಾರ್ವಜನಿಕರಲ್ಲಿ ಅರಿವು ಮೂಡಿಸುವ ಪ್ರಯತ್ನ ಮಾಡಿದರು. ಜಿಲ್ಲಾ ಕ್ಷಯ ರೋಗ ಅಧಿಕಾರಿ ಡಾ. ಮೊಹಮ್ಮದ್ ತಿರಾಜ್ ಅಹಮದ್ ಅವರು ಪ್ರಸ್ತುತ ಸನ್ನಿವೇಶ, ಟಿಬಿ ರೋಗ ಲಕ್ಷಣಗಳು, ಚಿಕಿತ್ಸೆಯ ಕಟ್ಟುಪಾಡುಗಳ ಬಗ್ಗೆ ಮಾತನಾಡಿದರು. ನಿಕ್ಷಯ ಪೂಣನ್ ಅವರಲ್ಲಿ ನೀಡಲಾದ ಪೋಷಾಹಗಳ ಬಗ್ಗೆ ವಿವರಿಸಿದರು. ಡಾ. ಪ್ರವೀಣ್ ಕುಲಕರ್ಣಿ ಅವರು ಕ್ಷಯರೋಗದ ಬಗ್ಗೆ ಪ್ರೇಕ್ಷಕರು ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಜಾಗೃತಿ ಮೂಡಿಸಿದರು.

ಜೆಎಸ್‌ಎಸ್ ನಗರ ಆರೋಗ್ಯ ಕೇಂದ್ರದ ಆರೋಗ್ಯ ನಿರೀಕ್ಷಕ ಎಚ್.ಬಿ. ಸಂತೋಷ್, ಹಿರಿಯ ಚಿಕಿತ್ಸಾ ಮೇಲ್ವಿಚಾರಕಿ. ಸಂಪತ್, ಡಿಟಿಟಿಯ ಟಿಬಿ ಆರೋಗ್ಯ ಸಂದರ್ಶಕರು ಉಮೇಶ್ ಅವರನ್ನು ಸನ್ಮಾನಿಸಿತು. ಜೆಎಸ್‌ಎಸ್ ನರ್ಸಿಂಗ್ ಕಾಲೇಜಿನ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕ ನಿಂಗರಾಜು ಬರೆದ ಟಿಬಿ ಗೀತೆಯನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಡಿದರು. ಪ್ರೇಕ್ಷಕರಲ್ಲಿ ಜಾಗೃತಿ ಮೂಡಿಸಲು ಕಿರುನಾಟಕ ಪ್ರದರ್ಶಿಸಲಾಯಿತು.

ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಸಮುದಾಯ ವೈದ್ಯ ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕಿ ಡಾ.ಎಂ. ಶ್ರೀತಾತ್ರಿ ಮತ್ತು ಡಾ.ಜಿ.ಯು. ಕಾವ್ಯ, ಡಾ.ಎಂ.ಆರ್. ಮೈಥಿಲಿ, ಡಾ. ಸುನೀತಾ ಸಿಂಗ್ ಇದ್ದರು. ಆರೋಗ್ಯ ನಿರೀಕ್ಷಕರಾದ ವೈ.ಎಸ್. ಸುನೀಲ್, ಮಲ್ಲಿಕಾರ್ಜುನ ಸ್ವಾಮಿ ಇದ್ದರು.



Community Health Awareness Initiatives

CANCER Awareness

A health education program was conducted in Rajarajeshwarinagar, B block Bamboobazar on 16th August 2022 where members of a Self help group were provided information on common cancers in women. Awareness was given on common cancers in women like Breast cancer and cervical cancer.

Beneficiaries: 34 women



MENSTRUAL HYGIENE Awareness

Health Education was conducted on 6th September, 2019 in JSS Primary School, Medar Block.

Health education regarding importance of menstrual hygiene, the common menstrual problems, physical changes that happens in adolescents related to puberty, and social stigma attached to the menstruation were addressed in detail.



NON-COMMUNICABLE DISEASES

A Health awareness programme was conducted on 29th April 2022 in ICMR central church in co-ordination with ICMR central church members. They were oriented about services available in UHC as well as risk factors of NCDs such as obesity and substance use.

Beneficiaries: 40



RURAL HEALTH CAMPS

Ashada Friday Temple Health Camps

Ashada month is an auspicious period for local residents where many people visit the temple of the goddess every Friday. In 2022, on this occasion free health checkup camps were held in Mariamma temple of 3rd main Medar block on every Friday morning and in Chamundeshwari temple, 1st main, Medar block on 20th July on occasion of Chamundeshwari Jayanthi. Residents were screened for various clinical conditions such as hypertension, malnutrition, and others.

Beneficiaries: 79



Health Camp – Kavadi Day

Date: 09-08-2023 and Subramanya Temple Bamboo Bazaar

A Free General Health camp was organized at Subramanya Temple premises, Medar Block, Bamboo Bazaar on the occasion of Kavadi festival at the temple.

Beneficiaries: 25

LARVA SURVEY

Larva survey were conducted as part of National Vector borne disease control programme in UHTC field practice area. Survey was conducted in A block, D block and G block by health Inspectors Mr Santhosh and Mr Sunil in July 2022 .



Outcomes:

- 314 houses were visited and educated about integrated vector control and prevention of Vector-borne diseases like dengue chikungunya.
- In each house containers were examined and those containing larve were shown to household members and were emptied.
- Places searched for larvae included 17 concrete tanks, 14 barrels, 35 drums, 9 pots, 398 other smaller indoor containers, and 13 solid waste water retention places in 122 other outdoor areas. Among 1046 containers examined larvae were present in 122 containers, among which 38 were emptied.



Residents were also educated to avoid water collection and disposal of solid wastes to prevent Aedes breeding. People were informed about symptoms of vector-borne disease and were educated for early diagnosis and treatment.



Community Mental Health Activities

INTRODUCTION

In the realm of community outreach programs in India, the significance of Clinical psychology & Psychiatry cannot be overstated. As communities navigate various socio-cultural challenges, the role of mental health emerges as a beacon of support, offering tailored interventions that are culturally sensitive and attuned to local values. By actively engaging with communities, clinical psychologists contribute to reducing the stigma surrounding mental health issues, fostering open dialogues crucial for de-stigmatization.

In the aftermath of societal upheavals, such as Covid 19, clinical psychologists & Psychiatrists from the Department of Clinical Psychology & Psychiatry at JSS Medical College played a pivotal role in providing trauma-informed care. This not only aids communities in coping but also facilitates the rebuilding of resilience.

Moreover, the department goes beyond traditional roles by actively involving teachers and students in training programs. These programs serve a dual purpose: they enhance the mental health literacy of educators, enabling them to create supportive environments within schools, and they equip students with valuable life skills, promoting emotional well-being from an early age.

The collaborative efforts extend to these training initiatives, ensuring a broader impact and empowering educational institutions to be key contributors to community mental health. The multidisciplinary nature of clinical psychology at JSS Medical College, combined with inclusive training programs, exemplifies the department's commitment to fostering a comprehensive approach to mental health, not only within communities but also within educational settings.



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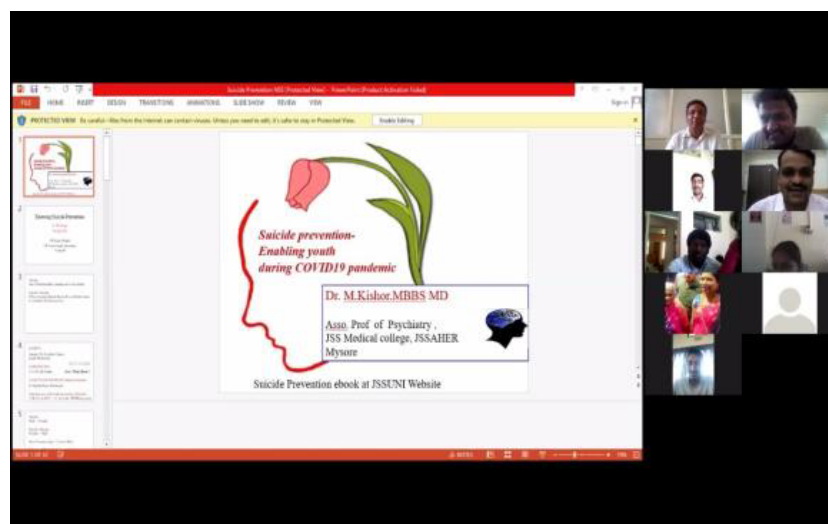
MANAGEMENT OF STRESS DURING COVID-19

The current worldwide outbreak of Covid-19 has left many people with concerns about the spread of this new disease. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. Thus, making stress management an imperative part of one's learning.

NSS units of JSS Academy of Higher Education & Research, Mysuru organised a state level Webference cum interactive session on "Management on Stress During Covid19" in association with Department of Youth Empowerment and Sports; NSS Cell, Government of Karnataka and Yuva Spandana, NIMHANS, Bengaluru.

The event was successfully conducted on August 25, 2020 - 10:00 am to 1 pm via Zoom application. Students, NSS volunteers, teachers and general public in and around Karnataka had participated in this event, with over 400 registrations received.

Themes such as suicide prevention in youth and stress management were addressed by Dr. Kishor M , Dept. of Psychiatry and Dr. Muthuraj, Department of Epidemiology, NIMHANS.



SUBSTANCE ABUSE AWARENESS

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

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



WORLD MENTAL HEALTH DAY 2022

On occasion of World Mental health day 2022, Psychiatric consultation clinic was started in Urban Health Centre on 18th 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 and alcohol addiction.

Outcomes:

- 1) It was decided to continue Psychiatric clinics on every first Tuesday of the month.
- 2) A total of 5 patients having alcohol addiction, depression, and suicidal tendency were counseled during the moment.

DE-ADDICTION CAMPS

Alcohol addiction has been a major social scourge in the Indian community causing significant disturbances in the societal eco-system. People with alcohol addictions are not only harming themselves but also been causing significant distress in their families and community at large.

De-addiction camps have been one of the major interventional methods to help people overcome their addictions. The Departments of Psychiatry, Clinical Psychology and Psychiatric Social Work of JSS Hospital and Medical College have conducted 9 De-Addiction Camps, catering to 475 patients diagnosed with Alcohol Dependence.

The services provided in these camps include: psychiatric and medical help, psychological assessments, motivation enhancement therapy to quit alcohol, psycho-education regarding addiction and group counseling for relapse prevention. Here is a glimpse of these camps



Deaddiction Camp at HD Kote- September 2022



Deaddiction Camp at Narasipura- October 2022



Deaddiction Camp at Hunsur- July 2023



Deaddiction Camp at Piriapatna- December 2023

SUICIDE PREVENTION DAY 2022

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

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." It is based on the importance of using the right communication to prevent suicidal activities in the community. Then Mr. Ritvik S. Kashyap- Assistant Professor of Clinical Psychology 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.



SUICIDE PREVENTION DAY 2023

In a powerful display of unity and determination, over 10,000 students from schools and colleges under the aegis of JSS Mahavidyapeetha, Mysuru, came together to observe World Suicide Prevention Day on September 10, 2023. Organised by the Department of Clinical Psychology, JSS Medical College & Hospital, JSS AHER, Mysuru, this event underscored the collective commitment to mental health and suicide prevention.



Under the theme "Creating Hope Through Action", this monumental gathering of students served as a poignant reminder of the crucial role that education institutions play in nurturing mental well-being. The event witnessed students from diverse backgrounds taking an inspiring oath that encapsulates their dedication to supporting one another and fostering a culture of mental health awareness.

Inaugurating the event, Dr. C. G. Bestsurmath, Executive Secretary, Mahavidyapeetha, Mysuru expressed the significance of this event, stating, "In line with this year's theme "Creating Hope Through Action", the Department of Clinical Psychology at JSS Medical College organised an event in schools and colleges. Educational institutions are crucial in raising awareness, supporting, and promoting mental well-being through significant events. These events unite students, teachers, and staff and encourage unity to create a safer community.

During the morning assembly prayer at every school and college of JSS across Karnataka, thousands of students listened to the brief talk on awareness about the prevention of suicide and the importance of mental health – prerecorded for the purpose by Mr. Rithvik S Kashyap, Assistant Professor, Dept of Clinical Psychology, followed by reciting the five-point oath together. This act symbolises a significant step towards reducing the stigma associated with mental health issues. The oath was recorded on JSS Radio 91.2 FM and played simultaneously for all students. has given words and voice to the broadcast.

Glimpses of SUICIDE PREVENTION DAY 2023



ಮಾನಸಿಕ ಸ್ವಾಸ್ಥ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳುವ ಪಣ ತೊಟ್ಟ ವಿದ್ಯಾರ್ಥಿಗಳು

ಜೀವಸ್ ಎಸ್ ಸಂಸ್ಥೆಗಳಲ್ಲಿ ವಿಶ್ವ ಆತ್ಮಹತ್ಯೆ ತಡೆ ದಿನ

■ ವಿಜಯವಾಣಿ ಸುದ್ದಿಜಾಲ ಮೈಸೂರು
ರಾಜ್ಯಾದ್ಯಂತ ಜೀವಸ್ ಎಸ್ ಸಂಸ್ಥೆಗಳಲ್ಲಿ ಓದುತ್ತಿರುವ
10 ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳು ವಿಶ್ವ ಆತ್ಮಹತ್ಯೆ
ತಡೆ ದಿನವಾದ ಶನಿವಾರ ಆತ್ಮಹತ್ಯೆಯನ್ನು ಹೋಗ
ಲಾಡಿಸುವ ಹಾಗೂ ಮಾನಸಿಕ ಸ್ವಾಸ್ಥ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳುವ
ಪಣ ತೊಟ್ಟರು. ಏಕೆ ಮತ್ತು ಸಂಕಲ್ಪದ ಪ್ರಬಲ
ಪ್ರದರ್ಶನದಲ್ಲಿ ಮೈಸೂರಿನ ಜೀವಸ್ ಎಸ್
ಮಹಾವಿದ್ಯಾಪೀಠದ ಆಶ್ರಯದಲ್ಲಿ ಕಾಲಾ-ಕಾಲೇಜುಗಳ
10 ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳು ವಿಶ್ವ ಆತ್ಮಹತ್ಯೆ
ತಡೆ ದಿನವನ್ನು ಆಚರಿಸಲು ಒಗ್ಗೂಡಿದರು. ಜೀವಸ್ ಎಸ್
ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಆಸ್ಪತ್ರೆ, ನಗರದ ಸ್ಥಾನಿಕಲ್
ಸೈಕಾಲಜಿ ವಿಭಾಗದಿಂದ ಆಯೋಜಿಸಲಾಗಿದ್ದ
ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಸಮಾಜದಲ್ಲಿ ಮಾನಸಿಕ ಆರೋಗ್ಯ
ಮತ್ತು ಆತ್ಮಹತ್ಯೆ ತಡೆಗಟ್ಟುವಿಕೆಯ ಕಡೆಗೆ ಸಾಮೂಹಿಕ
ಬದ್ಧತೆಯನ್ನು ಒತ್ತಿಹೇಳಿತು.



ಕ್ರಿಯೆಯ ಮೂಲಕ ಭರವಸೆಯ ಬಿತ್ತನೆ ಎಂಬ
ವಿಷಯಕ್ಕೆ ಅನುಗುಣವಾಗಿ ಜೀವಸ್ ಎಸ್ ವೈದ್ಯಕೀಯ
ಕಾಲೇಜಿನ ಸ್ಥಾನಿಕಲ್ ಸೈಕಾಲಜಿ ವಿಭಾಗವು
ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿದೆ. ಕಾಲೇಜು ಮತ್ತು
ಕಾಲೇಜುಗಳಲ್ಲಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳು ಅರಿವು
ಮೂಡಿಸುವಲ್ಲಿ, ಬೆಂಬಲಿಸುವಲ್ಲಿ ಮತ್ತು ಮಾನಸಿಕ

ಮೈಸೂರಿನ
ಸರಸ್ವತಿಪುರಂ
ಜೀವಸ್ ಎಸ್
ಸೌಧದಲ್ಲಿ
ವಿದ್ಯಾರ್ಥಿಯರು
ಆತ್ಮಹತ್ಯೆಯನ್ನು
ಹೋಗಲಾಡಿಸುವ
ಹಾಗೂ
ಮಾನಸಿಕ ಸ್ವಾಸ್ಥ್ಯ
ಕಾಪಾಡಿಕೊಳ್ಳುವ
ಪ್ರತಿಜ್ಞಾ ವಿಧಿ
ಸ್ಥಳೀಕರಿಸಿದರು.



ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿ ಮಾತನಾಡಿದ ಜೀವ್
ಎಸ್ ಮಹಾವಿದ್ಯಾಪೀಠದ ಆಡಳಿತ ಕಾರ್ಯದರ್ಶಿ
ಡಾ.ಸಿ.ಜಿ.ಬಿ.ಬಿ.ಸೂರಮ್ ಅವರು, ಈ ವರ್ಷದ

ಯೋಗಕ್ಷೇಮವನ್ನು ಉತ್ತೇಜಿಸುವಲ್ಲಿ ನಿರ್ಣಾಯಕ
ವಾಗಿವೆ ಎಂದರು. ಜೀವಸ್ ಎಸ್ ವೈದ್ಯಕೀಯ
ಮಹಾವಿದ್ಯಾಲಯದ ಪ್ರಾಂಶುಪಾಲರಾದ ಡಾ.ಎಚ್.
ಬಸವನ ಗೌಡಪ್ಪ, ಜೀವಸ್ ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು
ಮತ್ತು ಆಸ್ಪತ್ರೆಯ ಸ್ಥಾನಿಕಲ್ ಸೈಕಾಲಜಿ ವಿಭಾಗದ
ಮುಖ್ಯಸ್ಥ ಡಾ.ಮನೋಜ್ ಕೆ.ಪಾಂಡೆ ಇತರರು ಇದ್ದರು.

SUICIDE PREVENTION DAY 2023

Dept of Clinical Psychology, JSS Medical College & Hospital, JSS AHER, Mysuru organized A video message, emphasizing on mental health was recorded in the Higher Education Division of JSS Mahavidyapeetha, JSS Medical College, JSS Academy of Higher Education & Research, was distributed to medical and technical education students via social media. The message ended with an encouragement to pledge oaths for suicide prevention.



Instilling Resilience in young minds



An activity of instilling resilience and creating awareness about mental health and healthy behaviour among the under privileged students of Pailwan Basavayya Govt school, Jayanagar, Mysuru was organized. Mr Rithvik S Kashyap, Asst Professor, Dept of Clinical psychology had been resource person to help 60 children develop immunity against psychological disturbances.

SCHOOL MENTAL HEALTH PROGRAMME

Teacher's Mental Health Awareness and Training

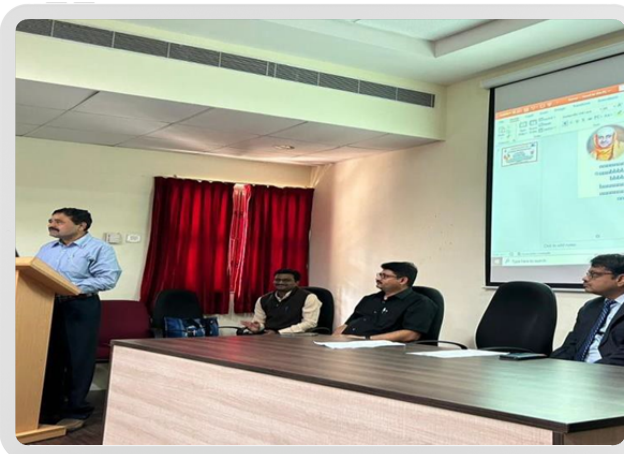
Dept of Clinical Psychology, taking support from the Dept of Psychiatry, conducts 2-day intensive workshops for the teachers in batches in JSS Hospital.

The activities in teachers' training were covered in three phases given below.

1. 110 teachers were orientated and sensitised about the school mental health initiative and common psychological problems in children and students on 15th Sept 2022. They were sensitised through online mode.

2.Orientation of the Heads/Principals of 134 schools & colleges of JSS Mahavidyapeetha in a one-day workshop at JSS Hospital (Dates 22-23 Dec, 22 & 16th Feb 23). A total of 63 heads were from High Schools, 36 from PU colleges, 29 from Primary Schools, and 6 from Nursery Schools. They were oriented on mental health, its importance for students and staff and the vision and activities of the JSS MAN program.

3.Two-day rigorous mental health training for the teachers identified as Mental Health Coordinators by their schools/colleges. This training was delivered to 40 teachers per batch. Overall, 120 teachers from 40 High Schools were trained. Training was conducted on April 20 -21, May 18-19, and June 15-16, 2023.



SCHOOL MENTAL HEALTH PROGRAMME

Over 3250 students were empowered with mental health awareness and skills training to promote well-being through workshops (including group interaction, talks, role plays, and demonstrations) conducted in respective schools and colleges, which are given below:

- JSS College of Arts, Commerce and Science, Ooty Road, Mysuru on 30th November 2022
- JSS College for Women, Chamarajanagar, on 8th December 2022.
- JSS PU College for Women, Chamarajanagar on 21st December, 2022
- JSS High School, Devalapura, on 12th January, 2023.
- JSS High School, Suttur on 25th January, 2023.
- JSS Law College, Mysuru on 23rd March 2023
- JSS Law College, Mysuru on 13th April 2023
- Sri Jayachamarajendra College of Engineering, Mysuru on 26th April, 2023



SCHOOL MENTAL HEALTH PROGRAMME

The Dept of Clinical Psychology conducted a series of informative programs designed to address the mental health needs of students in schools and colleges.

These workshops covered themes, i.e., the importance of mental health for overall well-being and for achieving academic excellence, ways for identifying depression and anxiety in students, effective stress management techniques, the benefits of yoga, ways to tackle substance and gaming addictions among young people, anger management strategies, and the development of coping mechanisms and resilience.



INTERNATIONAL YOGA DAY 2023

Department of Clinical Psychology & Yoga, JSS Medical College & Hospital, JSS Academy of Higher Education and Research, Mysuru have 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 in the programme was on "Yoga for Student Mental Health" to ensure better physical, mental & spiritual health among students with average and special abilities.

Outcome:

Around 2500+ students of JSS schools participated and practised Yoga from 6.30 to 7.30 AM.

ಜೆಎಸ್‌ಎಸ್ ಶಾಲೆಯ 2500ಕ್ಕೂ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಯೋಗ ಪ್ರದರ್ಶನ ಸುತ್ತೂರು ಮಠದಲ್ಲಿ ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸ

■ ವಿಜಯವಾಣಿ ಸುದ್ದಿಜಾಲ ಮೈಸೂರು

ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು ಆಸ್ಪತ್ರೆ, ಚಿಕಿತ್ಸಾ ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗ, ಜೆಎಸ್‌ಎಸ್ ಉನ್ನತ ಶಿಕ್ಷಣ ಹಾಗೂ ಸಂಶೋಧನಾ ಅಕಾಡೆಮಿಯ ಯೋಗ ವಿಭಾಗದ ಸಹಯೋಗದೊಂದಿಗೆ ಸುತ್ತೂರು ಮಠದ ಆವರಣದಲ್ಲಿ ಇತ್ತೀಚೆಗೆ ಯೋಗ ದಿನಾಚರಣೆ ಹಾಗೂ ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸ ಜರುಗಿತು. ಸುತ್ತೂರಿನ ಜೆಎಸ್‌ಎಸ್ ಶಾಲೆಯ 2500ಕ್ಕೂ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳು ಯೋಗ ಪ್ರದರ್ಶನ ನೀಡಿದರು.

ಜೆಎಸ್‌ಎಸ್ ಆಸ್ಪತ್ರೆಯ ಚಿಕಿತ್ಸಾ ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ಡಾ. ಮನೋಜ್ ಕೆ.ಪಾಂಡೆ ಮಾತನಾಡಿ, ಯೋಗವು ನಮ್ಮ ಆರೋಗ್ಯ ಮತ್ತು ಯೋಗಕ್ಷೇಮಕ್ಕೆ ಹಲವಾರು ಪ್ರಯೋಜನಗಳನ್ನು ನೀಡಲಿದೆ. ವಿದ್ಯಾರ್ಥಿಗಳ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸುಧಾರಿಸಲು ಯೋಗವು ಸಹಕಾರಿಯಾಗಬಲ್ಲದು ಎಂಬುದಕ್ಕೆ ವಿಶ್ವಾದ್ಯಂತ ಸಂಶೋಧನೆಯ ಪುರಾವೆಗಳಿವೆ ಎಂದರು.

ಯೋಗವು ಪರೀಕ್ಷೆಯ ಒತ್ತಡ ಮತ್ತು ಆತಂಕ ನಿಭಾಯಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ವಿವಿಧ ರೀತಿಯ ಗೊಂದಲಗಳನ್ನು ನಿಯಂತ್ರಿಸಿ ಶೈಕ್ಷಣಿಕ ಸಾಧನೆ ಮತ್ತು ವೈಯಕ್ತಿಕ ಬೆಳವಣಿಗೆಯ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ. ಧನಾತ್ಮಕ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉತ್ತೇಜಿಸಿ, ಮಾನಸಿಕ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳನ್ನು ತಡೆಯಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ಮಕ್ಕಳಲ್ಲಿ ಜ್ಞಾಪಕ



ಸುತ್ತೂರು ಮಠದ ಆವರಣದಲ್ಲಿ ಇತ್ತೀಚೆಗೆ ಯೋಗ ದಿನಾಚರಣೆ ಪ್ರಯತ್ನ ಸಾಮೂಹಿಕ ಯೋಗಾಭ್ಯಾಸ ಜರುಗಿತು.

ಶಕ್ತಿ, ಮತ್ತು ಏಕಾಗ್ರತೆ ಸುಧಾರಿಸಿ ಆತ್ಮ ವಿಶ್ವಾಸ ವೃದ್ಧಿಸುವಂತೆ ಮಾಡುತ್ತದೆ ಎಂದರು. ಜೆಎಸ್‌ಎಸ್ ಶಾಲೆಯ ಆಡಳಿತ ನಿರ್ವಹಣಾಧಿಕಾರಿ ಉದಯಶಂಕರ್ ಕಾರ್ಯಕ್ರಮ ಉದ್ಘಾಟಿಸಿದರು. ಜೆಎಸ್‌ಎಸ್ ಉನ್ನತ ಶಿಕ್ಷಣ ಹಾಗೂ ಸಂಶೋಧನಾ ಅಕಾಡೆಮಿ ಕುಲಸಚಿವ ಡಾ.ಬಿ.ಮಂಜುನಾಥ, ಶೈಕ್ಷಣಿಕ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ಡಾ.ವಿಶಾಲ್ ಗುಪ್ತಾ, ಯೋಗ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ಡಾ.ಸುಜನ್, ಇತರರು ಇದ್ದರು.

WORLD DISABILITY DAY

The Department of Clinical Psychology, JSS Hospital had a disability drive in Mysuru, a walkathon was organized on December 3, 2022 to create awareness among the public. Different posters about multiple disabilities that are seen in our everyday life were made and displayed which brought out attention towards bringing awareness among the public. Multiple disability schools and foundations that supported the differently abled people were a part of the walkathon.



The Department of clinical psychology had collaborated with Department for the Empowerment of Differently Abled & Senior Citizens, Mysuru District authorities to create awareness among the public regarding mental illness and related disabilities.

OTHER INITIATIVES

International Women's Day

Mrs. Trishala. D from Department of Clinical Psychology had delivered a lecture on "Women's mental health" on the occasion of International women's day on 8th march 2022 at the JSS Polytechnic for Differently Abled, Mysuru.



Mr Sudeep P K, and Dr. Kishor M from Departments of Clinical Psychology and Psychiatry took part in a community radio programme at JSS Radio 91.2 FM on Topic "Samsaaradalli Saamarasya" on 23rd April 2022.

Mr Sudeep P K and Dr, Kishor M. from Departments of Clinical Psychology and Psychiatry were a part of community radio programme at JSS Radio 91.2 FM on Topic "Pariksha Phalitamsa mattu makkala manosthithi"(Exam results and mental Status of Children) on 18th MAY 2022



OTHER INITIATIVES

Mr Rithvik S Kashyap had been the resource person for the awareness programme on “Suicide - A Mental Health Concern” organized by Anirvedha foundation, Mangaluru on September 18th 2022.



Mr Rithvik S Kashyap had been the resource person for the awareness series programme on Mental Health week and had delivered a lecture on the topic “Trauma Survivors & Mental Health” on 20th October 2022.

Psychological Support & Skill building to Law- enforcers

Two - Intense training workshops were conducted by Mr Rithvik S Kashyap, Asst Professor, Dept Clinical Psychology, at the Police Training School, Mysuru for the female police personnels as part of their refresher training on stress management and behavioural health promotion on 30th October -2023

Second batch of newly promoted female police personnels were trained social media addiction prevention and management on 22nd November 2023.





JSS HOSPITAL
IN SERVICE TO LIFE



JSS Hospital - Medical Camps

HEALTH CAMPS

With the establishment of mobile clinics and rural camps, the Hospital and consultants are extending health services to the patient's doorstep and more junior doctors will be involved in rural health care. The faculty of clinical departments are involved in several health camps. Two large scale health camps are conducted on every second Sunday and fourth Sunday since January 2023, nearly 1000 patients participate in these camps and are provided with free CBG, ECG and common drugs. In addition, four health camps are held at smaller places/villages every week and nearly 60-100 patients attend these camps. These camps are designed to attract more patients to JSS Hospital and help needy patients at their doorsteps. Details of the camps conducted are mentioned in this section.

JSS Hospital has organized 186 camps in the time period of 2018-2023. In these camps, around 52000 were screened, 4510 were referred and 570 were converted to hospital patients. These camps offer a variety of services such as screenings, health education and health check-ups- across a variety of specialties such as cardiology and ophthalmology.



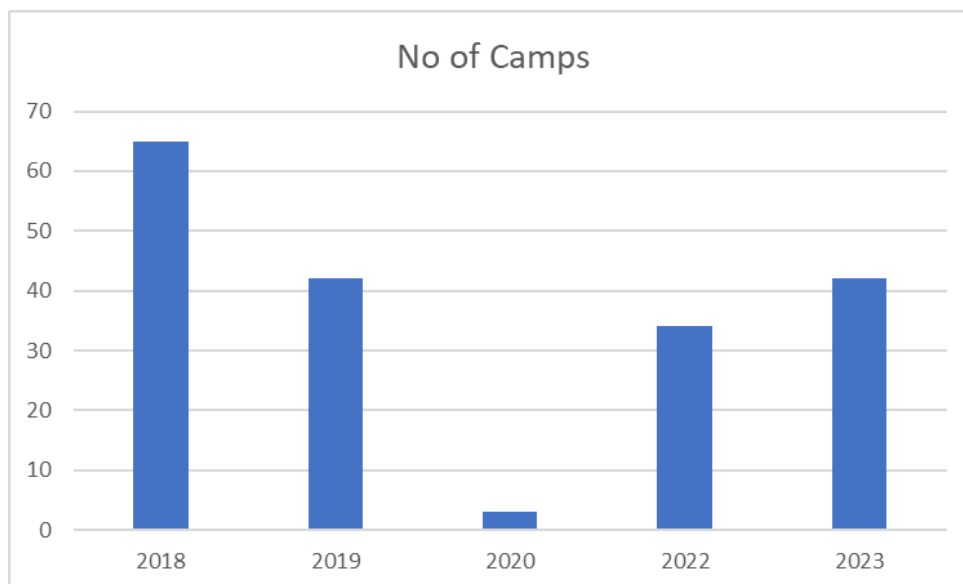
Dr. Shyam Prasad Shetty
Deputy Director (Clinical)
JSS Hospital, Mysuru



Dr. Manjunath G.V.
Deputy Director (Diagnostics)
JSS Hospital, Mysuru

HEALTH CAMPS

GENERAL HEALTH CAMPS CONDUCTED FROM 2018-2023



BLOOD DONATION CAMPS CONDUCTED FROM 2018-2023

<u>Year</u>	<u>No of Camps</u>	<u>No.of Units Collected</u>
2018	13	851
2019	20	1234
2020	3	232
2021	5	182
2022	15	703
2023	21	940
Total	77	4142

HEALTH CAMPS

OPHTHALMOLOGY CAMPS CONDUCTED FROM 2018-2023

Year	No of Camps	Screened	Referred	Conversion
2018	72	3279	813	812
2019	74	3624	594	594
2020	24	1127	195	195
2021	40	2975	714	700
2022	56	11358	1356	719
2023	41	9282	1651	745
Total	307	31645	5323	3765

HEALTH CAMPS





Health Exhibition & Other Out-reach Activities

Community Health Initiatives

This section highlights community outreach projects carried out at a large scale. Medical exhibitions at the annual Suttur Jathra Mahotsava of Adi Jagadguru Sri Shivarathreeshwara Shivayogi Mahaswamigalu are highlighted. The Jathara attracts more than 3.5 lakh people annually.

As a part of Jathra Mahotsava several programmes and exhibition are held at JSS school grounds with a view to encourage and inculcate a scientific and educational temper amongst rural people.

Department of Community Medicine, JSS Medical College, Mysuru have been coordinating these activities every year along with various school and college health outreach activities spread over the year promoting various awareness, skill development and attitude change among the community.

Department of Community Medicine aligning with the ideology of “Vasudhaiva Kutumbakam” emphasizes a holistic approach to health that extends beyond individual care. Our department focuses on the health of the community through promotive, preventive, curative and rehabilitative measures along with addressing social and environmental determinants of the ill health. It seeks to create healthier communities by ensuring access to healthcare for all.

Recognizing that today’s children are the future citizens, our department strives to promote health awareness, contributing to a healthier nation. The active involvement of school children in observing health days has been widely appreciated, fostering community-wide knowledge. School students took part in initiatives such as essay and drawing competitions, medical students in role plays, reflective writing, and posters to educate the community.

Dr Suni Kumar D
Professor & Head
Dept of Community Medicine
JSS Medical College, Mysuru



MEDICAL EXHIBITION AT SUTTUR JATHRA 2018



Dates: January 13th to January 18th, 2018.

Theme: Move Up in Life With Healthy Habits

Highlights:

1. 2500 screened for hypertension and obesity
2. Use of play to inculcate healthy habits – engaging children through snake and ladders
3. Demonstration of detection of Food Adulteration
4. Setting up an OT in the Exhibition

MEDICAL EXHIBITION AT SUTTUR JATHRA 2019

2019

Dates: February 1st- February 6th, 2019

Theme: Step towards healthy living

Highlights:

As a part of exhibition, screening for diabetes, hypertension, HIV and Tuberculosis were also conducted. A total of 1035 persons above the age of 30 years underwent blood sugar estimation of whom 46 were newly detected to have diabetes. Out of 1513 persons undergoing test for blood pressure, 290 were found to have hypertension for the first time. 198 individuals were tested for HIV and 3 were tested for tuberculosis and none were found positive.

Interactive and Innovative health awareness techniques like family planning awareness wheel, short health education videos, snake and ladder games, mosquito control models, food and health pyramid attracted the general public to enhance their knowledge. JSS Medical College received First Prize for its efforts.

Beneficiaries: 1 lakh people



MEDICAL EXHIBITION AT SUTTUR JATHRA-2023

Exhibition was arranged from various departments of JSS Medical College

Department of Anatomy showcased, fetuses anomalies to create awareness on congenital anomalies, highlighted “Dancing Skeleton”. “JSS Body Donation Association Model” attracted many elders, who voluntarily pursued the matter and discussed the body and eye donation protocol and its merits and demerits.



Department of Physiology measured BMI for a total of 640 people and counselling was done for obese people. Several charts regarding hazards of smoking, menstrual hygiene chart, adverse effects of obesity and benefits of normal weight, importance of exercise, yoga and daily regular physical activities. Visiting public admired the model which created awareness about the types of food that provide good nutrition.

Department of Biochemistry screened for Diabetes and Anemia and created awareness regarding management of Diabetes. A total of 1055 subjects were screened for diabetes and individuals with $\text{CBG} > 200\text{mg/dl}$ were educated and counselled about the management of diabetes in terms diet and lifestyle modifications. 862 subjects were screened for anemia and those individuals who had $\text{Hb} < 10\text{gm/dl}$ were advised about life style modifications, diet, treatment and complications of anemia.



MEDICAL EXHIBITION AT SUTTUR JATHRA-2023

Department of Medical Genetics created awareness on the cause, consequence and management of various genetic disorders. Visitors were educated on problems associated with consanguineous marriages in the families which is prevalent in southern part of India. The recorded skits were constantly played at the exhibition area to attract visitors and create awareness among all.



Department of Pathology displayed Posters on Nutritional problems and Health education was provided on different vitamin deficiencies, foods rich in particular type of vitamins, associated clinical symptoms, diagnosis and treatment. Pathology specimens on stomach cancer, breast cancer, endometrial cancer, colon cancer and peptic ulcer and various types of vegetables, fruits and pulses that are recommended to consume were also displayed.

Department of Pharmacology created awareness on first aid and posters were displayed in relation to self-medication harms, drug overdose, drug abuse and need for rigorous adherence to prescription. Demonstration was done on the right way to use the common instruments used in Bronchial Asthma management like Rotahalers and Rotacap, Revoliser, Metered Dose Inhalers, different types of Spacers, Nebuliser and their uses were explained to the visitors.



MEDICAL EXHIBITION AT SUTTUR JATHRA-2023

Department of Microbiology provided education on Effect of nutrition on gut microbiota- Prebiotics & probiotics effect on human beings, Hand hygiene practices. Food poisoning and its causes. Public were educated on food hygiene practices through streetplay.



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.

MEDICAL EXHIBITION AT SUTTUR JATHRA-2023

Department of Community Medicine educated public by displaying the charts related to good nutrition across life course i.e., during childhood (less than 5 years), adolescence (between 10-19 years), adulthood (Male and Female), pregnancy, post-delivery as well as geriatric age (above 60 years) in the local language. Pamphlets were also distributed to the public across different age groups which had information on right dietary practices, dos and don'ts in nutrition, food pyramid, information on seasonal foods etc. Diaguru app was used to provide health education to the diabetic patients. The difference between good and bad nutrition was taught through fun video games and nutrition wheel to the children and adolescents which was very much appreciated. Several assessments were made, including assessment of Body Mass Index (BMI), clinical symptoms of micronutrient deficiencies among children and adolescents, assessment of nutrition in geriatric population, awareness of vitamin D and healthy lifestyle practices among adults, awareness regarding role of nutrition in cancer prevention, and nutrition awareness among pregnant and lactating mothers. Based on the findings appropriate education and referrals were made. Puppet show: Health education was provided through puppet shows on general health and wellbeing and also on the role of nutrition in health, by Mr. Gunduraj and Team from Hassan. Shadow play was also screened by the same team during nighttime. Short movies screening: short movies on nutrition, maternal health, child health and family planning were screened in a separate movie screening room adjacent to the department stall to create awareness regarding the same.



MEDICAL EXHIBITION AT SUTTUR JATHRA-2023

Department of Clinical Psychology educated the public about various psychological disorders using posters and provided screening for common mental health problems.

They also generated awareness about mobile addiction, its indicators, its impact, and self-help tips through posters, pamphlets, and an awareness video that was regularly displayed.

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.

Outcomes:

1. More than 1300 visitors(aged 6-70 years)visited the stall and enquired about psychological disorders.
2. More than 200 children and adolescents participated in the testing of cognitive abilities
3. More than 200 visitors enquired about the services available in the Dept. of Clinical Psychology, JSS Hospital, Mysuru
4. Few of the major statements in the feedback given by them were
 - Getting aware of psychological problems at different ages
 - Getting aware of how they can know mobile addiction and its adverse impacts
 - Children and adolescents expressed happiness participating in psychological assessment tools of cognitive abilities.



SCHOOL AND COLLEGE HEALTH APPRAISAL PROGRAM

School and College Health Appraisal Program (SHAP) was initiated to prioritize students' overall health and well-being. It addresses the urgent public concern for the health of school children and adolescents. Focusing on preventive medicine, the program delivers comprehensive healthcare through yearly health examinations for over 20,000 students, offering prompt treatment for minor conditions, specialized care referrals, and crucial health education.

Objectives

SHAP aims to conduct annual health examinations, treat minor conditions, refer for specialized care, and impart disease prevention education. The overarching goal is to enhance students' overall health by equipping them with knowledge and skills for illness prevention while ensuring prompt treatment for acute illnesses.

The Programme

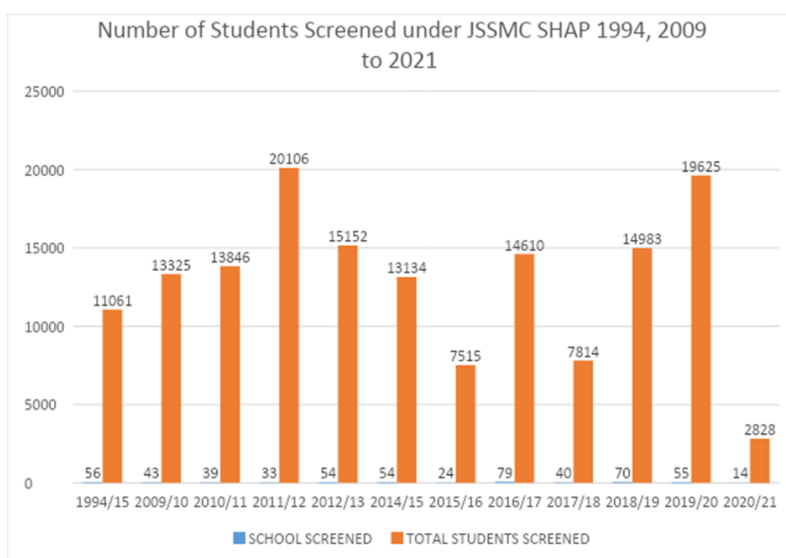
SHAP executes thorough yearly health examinations for 20,000+ students, encompassing vision, physical exams, and vaccination reviews. On-site care is provided for minor conditions, with referrals made for specialized care. Health education sessions cover hygiene and illness prevention. Implemented across 95 institutions in South Karnataka, the program employs a dedicated team for health checkups, comprehensive data collection, analysis, and feedback mechanisms. Utilizing unique IDs for tracking, the practice supports research projects for continuous improvement.



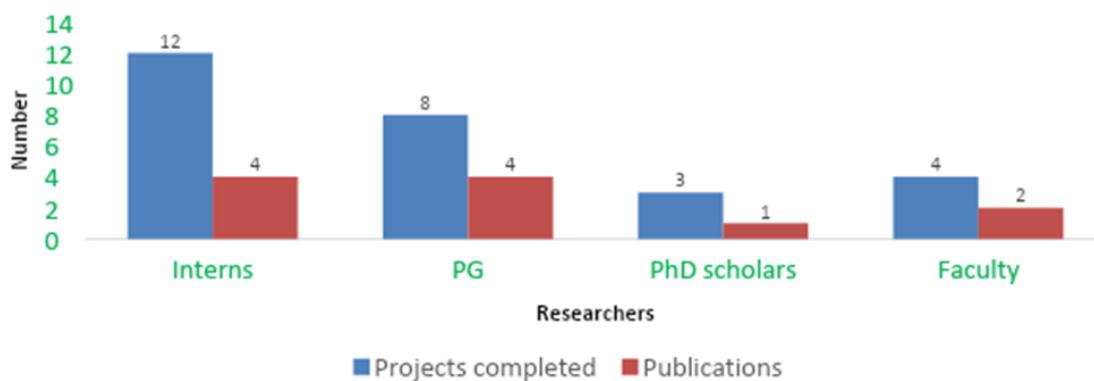
SCHOOL AND COLLEGE HEALTH APPRAISAL PROGRAM

Impact :

In the 2022-2023 academic year, 81.7% of students were reported healthy, with 12.3% receiving on-site care for minor conditions and 6% referred for specialized care. The program showcased increased research productivity and high satisfaction among teachers (92%) and students (82.9%). Identified common morbidities, such as pallor, dermatitis, refractive errors, respiratory infections, and dental issues, were promptly treated, emphasizing the tangible benefit of the SHAP initiative.



Research outcomes of studies done during SHAP (2022-2023)



Future Directions

- Tele-Counselling Support for SSLC & PUC Students Enrolled in Board Examinations-2024 to create psychological support system
- Strengthening school health services through digital health initiative by establishing comprehensive school health database of all the children studying in JSS schools across Mysuru & Chamarajanagar Districts.
- Empowering the community with basic knowledge on prevention & control of common ailments through innovative digital technology based awareness programmes/ initiatives.



"No-one has become poor by giving" - Anne Frank

