



JSS Academy of Higher Education & Research

(Deemed to be University)
Accredited A⁺ Grade by NAAC



JSS Academy of Higher Education & Research

**Sri Shivarathreeshwara Nagara,
Mysuru-570015**

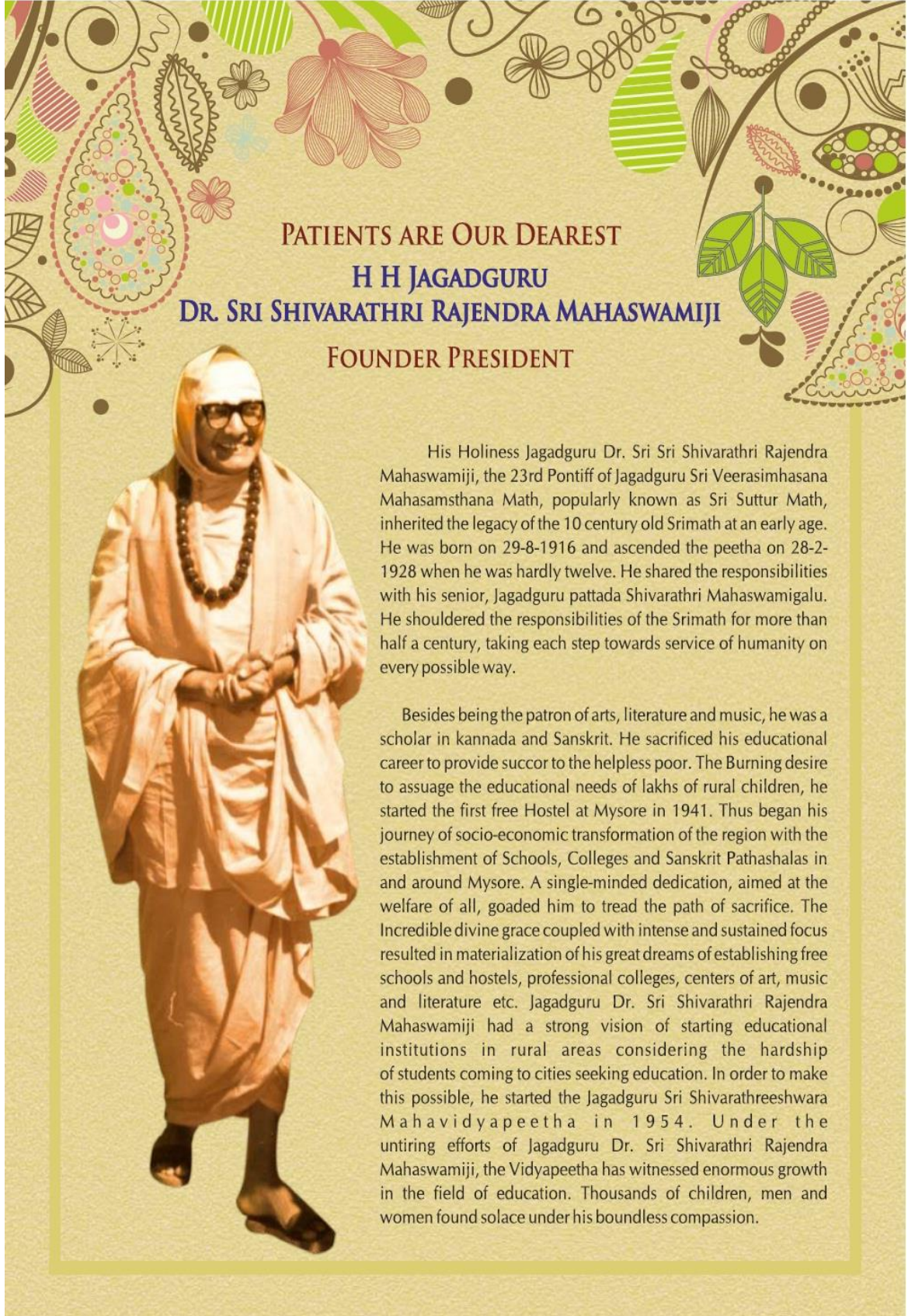
National Service Scheme (NSS)

<https://www.facebook.com/jssunss>
jssunss@jssuni.edu.in


Annual Report 2020-21

Sri Shivarathreeshwara Nagar, Mysuru - 570 015, Karnataka, India

T: +91-821-2548400; F: +91-821-2548394 E: registrar@jssuni.edu.in W: www.jssuni.edu.in



PATIENTS ARE OUR DEAREST
H H JAGADGURU
DR. SRI SHIVARATHRI RAJENDRA MAHASWAMIJI
FOUNDER PRESIDENT



His Holiness Jagadguru Dr. Sri Sri Shivarathri Rajendra Mahaswamiji, the 23rd Pontiff of Jagadguru Sri Veerasimhasana Mahasamsthana Math, popularly known as Sri Suttur Math, inherited the legacy of the 10 century old Srimath at an early age. He was born on 29-8-1916 and ascended the peetha on 28-2-1928 when he was hardly twelve. He shared the responsibilities with his senior, Jagadguru pattada Shivarathri Mahaswamigalu. He shouldered the responsibilities of the Srimath for more than half a century, taking each step towards service of humanity on every possible way.

Besides being the patron of arts, literature and music, he was a scholar in kannada and Sanskrit. He sacrificed his educational career to provide succor to the helpless poor. The Burning desire to assuage the educational needs of lakhs of rural children, he started the first free Hostel at Mysore in 1941. Thus began his journey of socio-economic transformation of the region with the establishment of Schools, Colleges and Sanskrit Pathashalas in and around Mysore. A single-minded dedication, aimed at the welfare of all, goaded him to tread the path of sacrifice. The Incredible divine grace coupled with intense and sustained focus resulted in materialization of his great dreams of establishing free schools and hostels, professional colleges, centers of art, music and literature etc. Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji had a strong vision of starting educational institutions in rural areas considering the hardship of students coming to cities seeking education. In order to make this possible, he started the Jagadguru Sri Shivarathreeswara Mahavidyapeetha in 1954. Under the untiring efforts of Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji, the Vidyapeetha has witnessed enormous growth in the field of education. Thousands of children, men and women found solace under his boundless compassion.



JSS Academy of Higher Education & Research (JSSAHER).

Mysuru, Karnataka, India

JSSAHER'S Social Responsibility Statement

'Touching the lives of Millions'



Proud moment

**His Holiness Swamiji-Chancellor
with Excellency Late Dr. APJ Abdul
Kalam Former President of India**

JSS AHER'S Social Responsibility is an approach of ethical and intelligent management, which involves both its impact on its human, social and natural context, and its active role on the promotion of Sustainable Human Development of the country. Within this approach, "Sustainable Campus" is a strategy that strives to reduce the ecological footprint of the Institution via a rational use of resources and to educate the JSSAHER community on the ethics of sustainability.



JSSAHER with the legacy of more than 1000 years of its Founding organization Sri Suttur Math and the sponsoring society–JSS Mahavidyapeetha is acutely aware of its social responsibilities and is confident in stating that it already goes well beyond what is expected of an organization.

JSSAHER and its Social Responsibility

Although Corporate Social Responsibility (CSR) is a relatively new concept, JSSAHER has embraced CSR principles based on the contributions made for several decades, particularly at a local and regional level. An organization's internal and external practices can influence their employees, customers, partners and environment in a positive manner.

This document highlights our commitment to CSR locally, regionally, nationally and internationally. The JSSAHER's vision is nurture and develops the talents of students and to create applicable knowledge in order to support social and economic advancement.

Social Responsibility is part of the JSSAHER'S Strategic plan and is important to our Institution, Faculty and students and aims at making Organizational, Cognitive, social and educational impact.

JSSAHER is committed –

1. To promote ethical standards to be adopted by students, staff and other members of JSSAHER community.
2. To raise the educational aspirations of people in the community, as well as across the country and encourage their greater participation in higher education.
3. To encourage an inclusive environment without barriers to achievement, where students and staff are highly valued, based on mutual respect.
4. To provide a Higher Education Institute campus environment and range of facilities, both educational and recreational, which are attractive, accessible and stimulating.
5. To integrate with and support the needs of our community and our region.
6. To embrace environmental responsibility and sustainable development principles, to make a positive contribution to urban regeneration and to ensure that any adverse environmental impact of our activities is minimized.



Touching the lives....

To the students

1. As a most respected Higher Education Institute in the health sciences attract students from a range of backgrounds nationally and internationally.
2. Listening and responding to the student voice, with a shared understanding of our mutual responsibilities.
3. Providing a range of student support that covers all issues including support too low income group students.
4. Student preparation towards a responsible citizenship for a Sustainable Development.

To the staff

1. Adopt best practices in its Human Resources Management policies and Practices.
2. Assist staff to develop their full potential as members of the JSSAHER's workforce and provide opportunities for professional development.
3. Observe the fundamental tenets of human rights, safety and non-discrimination.
4. Provide fair compensation and implement minimum wages policy.
5. Involve employees in the decision making processes, where appropriate.
6. Providing opportunities for staff to undertake projects with local communities.

To our environment

1. Ensure that the developments in JSSAHER are sustainable and do not have a negative impact on the environment.
2. Promote the concepts of the 3Rs of Reduction, Reuse and Recycling and eliminate, where possible, the use of non- degradable materials.
3. Aim for a continuous reduction of the carbon footprint of the Institution.
4. Provide equipment, training and other resources to ensure a healthy and safe environment for the students and staff.
5. Continuously work and evolve environmental improvements in the way we manage our transport, waste and energy.

To our city and our community

1. To work with the City of Mysore and regional partners to raise the health profile of the City and the Mysore and neighboring districts ; and in partnership help secure the economic, health, social and cultural regeneration of the City and region.



2. Enriching the Institution and City socially, culturally and economically, with our diverse and vibrant student population.
3. Make significant and major contributions through our Faculty to the Social Responsibility agenda including:
 - the training of the future health professional workforce
 - the ongoing support for health professionals
 - support JSS Hospital to provide access to quality healthcare at affordable costs
 - Nurture and contribute to research that impacts healthcare and health policies and makes significant contribution to national and global health.
4. Working with young people in local schools:
 - to discuss health and science and its relevance to their everyday lives
 - to inspire them to consider careers in science and health and apply to Institution in the future
 - to devise creative and fun activities to help engage them
5. By involving the public/patients in our work to improve the quality of our teaching and healthcare delivery.

Proud to be touching the lives of millions!

Being socially responsible, be it as an individual, a group, or an organization is something we believe in very strongly and it makes us proud, as a Higher Education Institution, to highlight our commitment in this area. JSSAHER is acutely aware of its responsibilities to its community, its city and its wider environment and the way it touches the 'Lives of Millions'.

JSS Academy of Higher Education & Research

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Mysuru-570 015,

Karnataka, India

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NATIONAL SERVICE SCHEME

ANNUAL REPORT OF

JSS Academy of Higher Education & Research, Mysuru

	Report for the period ending.	1 st April 2020 TO 31 st March 2021		
BASIC INFORMATION ABOUT UNIVERSITY				
	State	Karnataka		
	University	JSS Academy of Higher Education & Research, Mysuru		
	Name of the Programme Co-ordinator	Dr. K L Krishna		
	Whether part time/full time	Part Time		
	Date of appointment	Day	Month	Year
		01	04	2016
	No. of supporting staff for NSS at University/+2 level (including Programme Coordinator)	01+01		
	Date of last meeting of University level Advisory Committee	Day	Month	Year
		16	07	2019
	NSS volunteers strength:	450		
	Total No. of student population of the University	5879		
	NSS strength allocated by State Government	450		
	Actual No. of NSS volunteers	505		
	Male 250 Female 255	Total 512		
	No. of colleges having NSS	05		
	Total No. of NSS units	05		
	No. of programme officer in position	05		
	No. of programme officers trained	04		
	No. of villages /slums adopted	12		
FUNDS FOR NSS REGULAR/SPECIAL PROGRAMMES				
	Funds received by the University	Nil		
	for Regular Activities (Govt. fund)	for Special Camps (Govt. fund)		



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	Day of receipt- Nil			Day of receipt- Nil		
	Amount received- Nil			Amount received- Nil		
	Day	Month	Year	Day	Month	Year
	NA			NA		
	Per capita expenditure for establishment at University			Nil		

Place: Mysuru

Date: 27th April 2021

Signature of the Programme Coordinator NSS



Details of Special Camp activities

**Because of COVID-19 situation no Special camping activities
were done for the year 2020-21 (Except JSS CPO)**

NSS Unit	Dates of Special Camp	Village
JSS Medical College, Mysuru	Not Conducted due to Covid	
JSS Dental College & Hospital, Mysuru	Not Conducted due to Covid	
JSS College of Pharmacy, Mysuru	Not Conducted due to Covid	
JSS College of Pharmacy, Ooty	8th to 13th March 2021	Yedapalli
University Department, JSS AHER, Mysuru	Not Conducted due to Covid	

**NSS REGULAR ACTIVITIES FROM NSS UNITS FOR THE YEAR 2020-21**

Date	Details of activities	Activity organized by
20 th April 2020	Online session on COVID-19 awareness	JSS Medical College, Mysuru
05 th June 2020	World Environment Day Celebrations with the theme “Time for Nature”.	JSS College of Pharmacy, Mysuru
June 18, 2020	“Mask Day” in order to create awareness among the public on the importance of using face masks	JSS College of Pharmacy, Mysuru
21 st June 2020	Online “International Yoga Day” with the theme “Yoga At Home & Yoga With Family”	All Units by Online Mode
15 th Aug 2021	Celebrated the 74 th Independence	All Units of JSS AHER, Mysuru
20 th Aug 2020	NSS Sadhbhavana Diwas pledge taking ceremony	JSS Medical College, Mysuru
25 th Aug 2020	Management of stress state level webference	JSS Medical College, Mysuru
24 September 2020	NSS Day celebration	All Units of JSS AHER, Mysuru
5 th Oct 2020	Symposium on Covid-19	JSS Medical College, Mysuru
16 th and 17 th Oct 2020	World Food day-2020 with the theme “Grow, Nourish, Sustain, Together: Revolution for future actions”	University Department, JSS AAHER, Mysuru
20 th January 2021	Health and hygiene awareness program at Dandikere, rural village in Karnataka	JSS Dental College and Hospital, Mysuru
26 th Jan 2021	Celebrated the Republic Day	JSS College of Pharmacy, Mysuru



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Friday 19th Feb 2021	Celebrated “RATHASAPTHAMI”	All Units of JSS AHER, Mysuru
28 th February 2021	NSS Volunteers participated in the Thaipposam at Elk Hill Murugan temple in an attempt to regularize the traffic, pilgrims and distributing the prasadam.	JSS College of Pharmacy, Ooty, Tamilnadu
5 th March 2021	26 NSS volunteers participated in the “Mariyamman temple” at Ooty to carry out the public management program.	JSS College of Pharmacy, Ooty, Tamilnadu
23 rd March 2021.	Demonstration of usage of “Fire extinguishers”	JSS College of Pharmacy, Mysuru
8 th March 2021	International Women's Day celebration	JSS Medical College, Mysuru.



Kittur Rani Channamma Award to a National Service Scheme Volunteer

12.03.2021

Ms. Deeksha M Shetty, Alumni of JSS Academy of Higher Education & Research, Mysuru has been conferred with the prestigious **Kittur Rani Channamma Award from Govt of Karnataka for the year 2020-21**. Ms. Deeksha M Shetty has pursued MBA in Hospital Administration at the Department of Health System Management Studies, JSS AHER. Ms. Deeksha has achieved this feat with a great composure by being active in her co-curricular and extracurricular activities and having won various accolades in the field of yakshagana and folk dance. It is noteworthy that she has been an active volunteer in National Service Scheme throughout her education. Being a NSS Volunteer, she represented JSS AHER at China as a part of Youth India Delegation sent by the Ministry of Youth Affairs & Sports in the year 2019 and also took part in the pre-Republic Day Parade Camp in the year 2019.



Ms. Deeksha seen performing yakshagana in one of the village special annual camps organized by NSS unit of JSS AHER.



On this occasion, Dr. Suresha B, Pro-Chancellor, JSS AHER, Dr. Surinder Singh, Vice Chancellor, JSS AHER, Dr. B. Manjunatha, Registrar, JSS AHER, Dr. Kushalappa, Director (Academics), Dr. S Balasubramanian, Director (Research) and Dean (Faculty of Life Sciences), Dr. Mamatha HK, Coordinator, Department of Health System Management Studies, Dr. KA Raveesha, Professor & Head, Life Sciences Departments, Dr. KL Krishna, NSS Programme Coordinator, Dr. Raghu Ram Achar, NSS Programme Officer, Dr. Roshan K, Assistant NSS Programme Officer and the entire organization appreciates and acknowledges her achievement. Presently, she is working as Incharge of Pharmacy at Shridevi Institute of Medical Science & Research Hospital, Tumkur.

Yoga and Surya namaskara on the occasion RATHASPTAMI (22/02/2021)

About 50 NSS volunteers and two NSS officers were participated in the Surya Namaskara, held at JSS Math on 22nd Feb 2020. The event was organized by Department of Yoga, JSS AHER. During the event, the coordinator explained the importance of Yoga and practiced various asanas of yoga. About 24 Surya Namaskaras were performed by all the participants. Apart from NSS volunteers and officer, some staff and students of JSS AHER were also participated.





NSS Regular activities Unit Wise

JSS Medical College, Mysuru

Management of Stress during Covid19- State level Webference

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.

The webference commenced with Dr. Raghu Ram Achar's welcome address. Ensuing which Shri. K V Khadri Narasimhaiah (Regional Director, Regional Directorate, Bengaluru) addressed the assembly as the chief guest for the day which was followed by inauguration and presidential address by Dr. B. Manjunatha (Registrar JSS AHER, Mysuru). The NSS anthem was sung.

The session began at 10.30 am with Dr. Babu B (NSS Program Officer, JSS College of Pharmacy, Ooty) moderated the first session by Dr. Muthuraj (Project Coordinator, Yuva Spandana, Department of Epidemiology, Centre for Public Health, NIMHANS, Bengaluru). Dr. Muthuraj engaged the audience in an enlightening session on the management of stress during Covid 19. Addressing the issue at hand, he stated the importance of being aware of the various sources of stress and various methods of avoiding it. Stress could be avoided by trusting information regarding the pandemic, obtained from reliable sources only, staying away from media as that constantly adds on to anxiety. Subsequently, a discussion session was conducted.

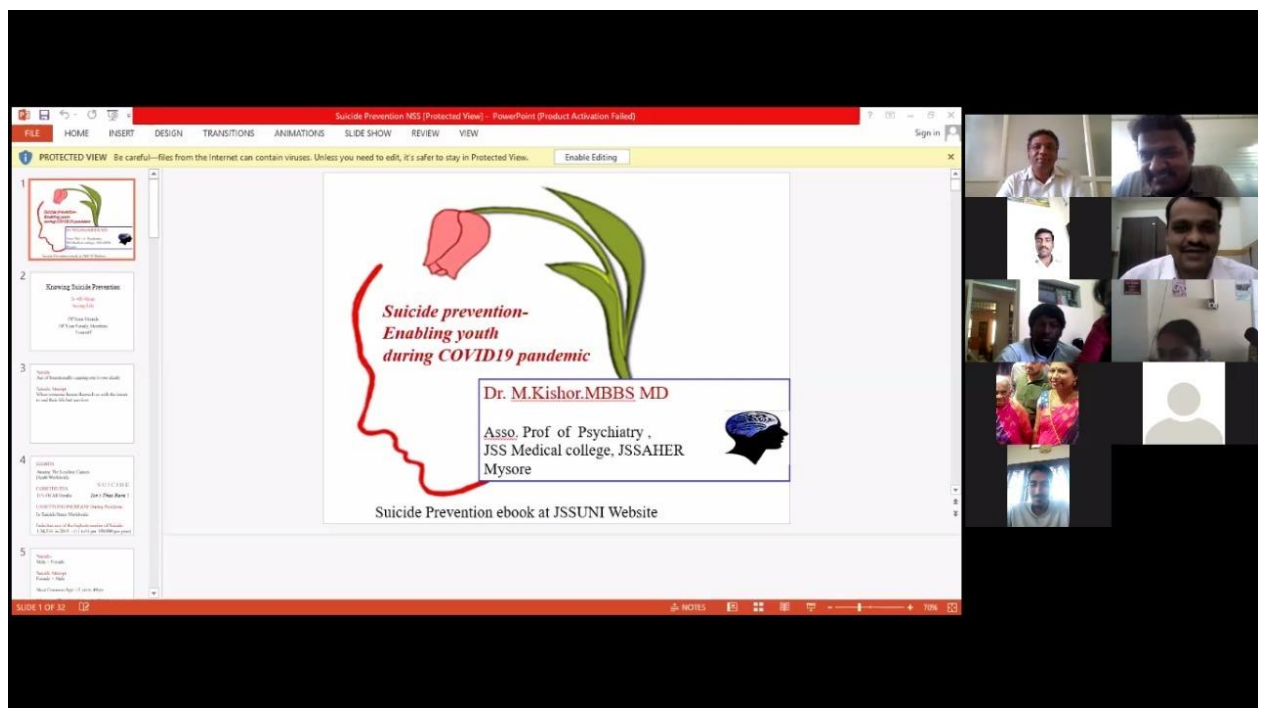
Following which Dr. Bharath T (NSS Program Officer, JSS Medical College) moderated the next session which was Dr. Kishor M's (Associate Professor, Department of Psychiatry, JSS Hospital Mysuru) address on the topic - 'Suicide Prevention- Enabling Youth during COVID19 pandemic'. Dr. Kishor discussed about the various causes and signs associated with thoughts of suicide. To be able to prevent suicide, empathising with people who are depressed is of paramount importance and that optimism goes a long way to help revive a person from depression. In the situation of lockdown, when social distancing is unavoidable, we should be a support for each other, we should give a listening ear to our family and friends. He talked about the basic processes involved in therapy of persons who have attempted suicide. Avoiding personal bias, counselling



approach, team discussion, identifying risk factors, offering closer follow-up and referring the patient when the need be are cardinal steps in treatment. Persuading those in distress to seek medical support can never be stressed upon enough. The lecture enabled all to approach suicide prevention as a team effort in which each individual involved is a key link to help the person in distress to return to a normal lifestyle. Seeing the enthusiastic participation of the attendees, discussion and question - answer session was conducted.

The event came to a closure with remarks by Dr. B. Manjunatha (Registrar JSS AHER, Mysuru), and concluded by the NSS song by Dr. Ningaraju and Dr. Madhusudhan (NSS Unit, University of Mysore, Mysuru). Vote of thanks was delivered by Dr. Thippeswamy H.M.

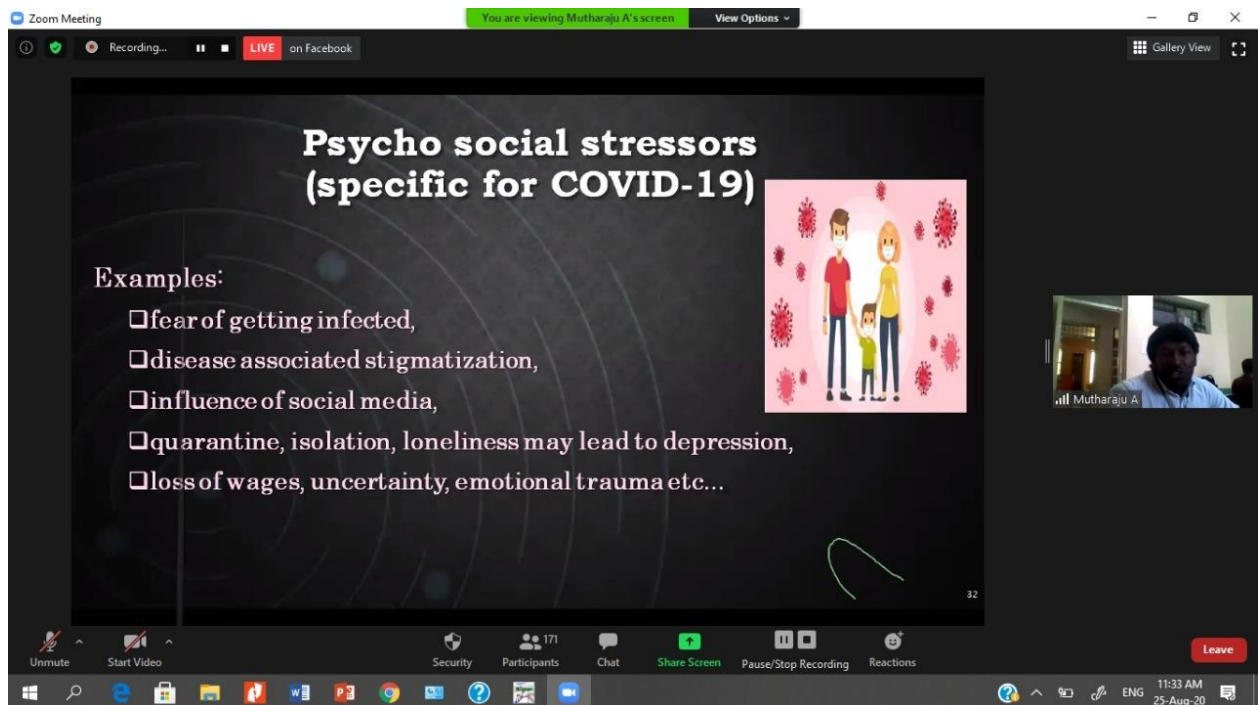
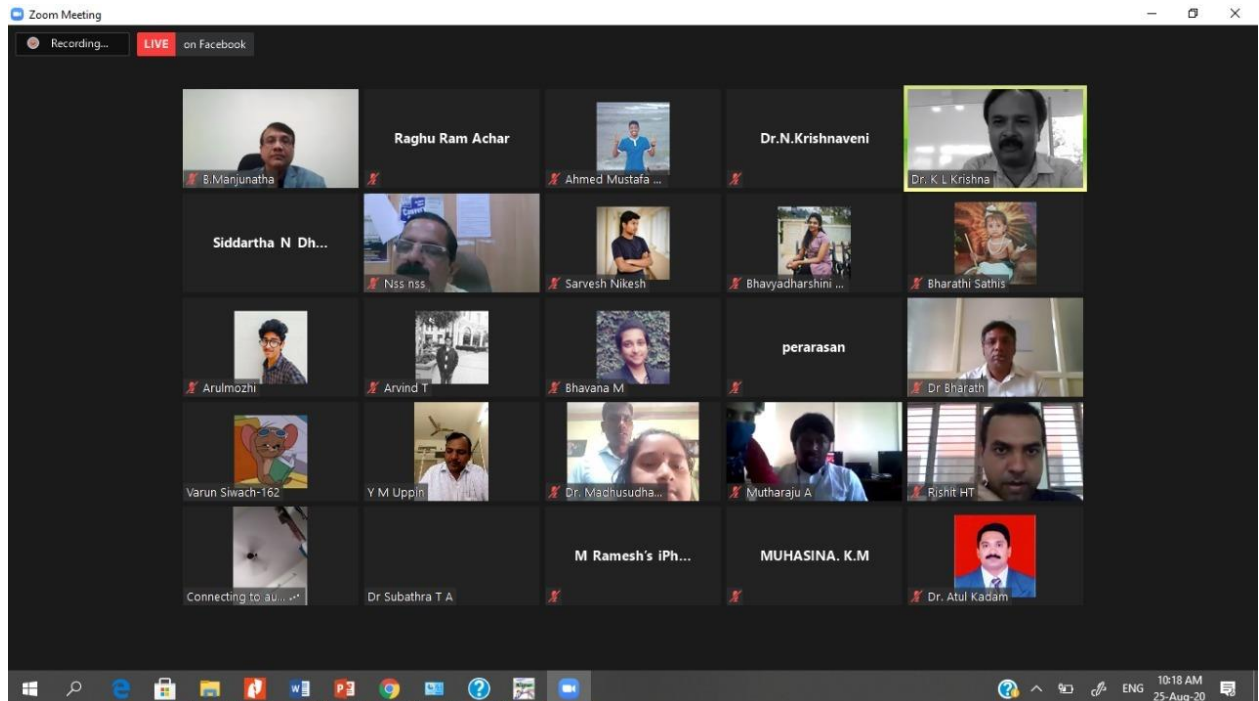
The webference ended on a high note of awareness and a sense of responsibility among the participants.





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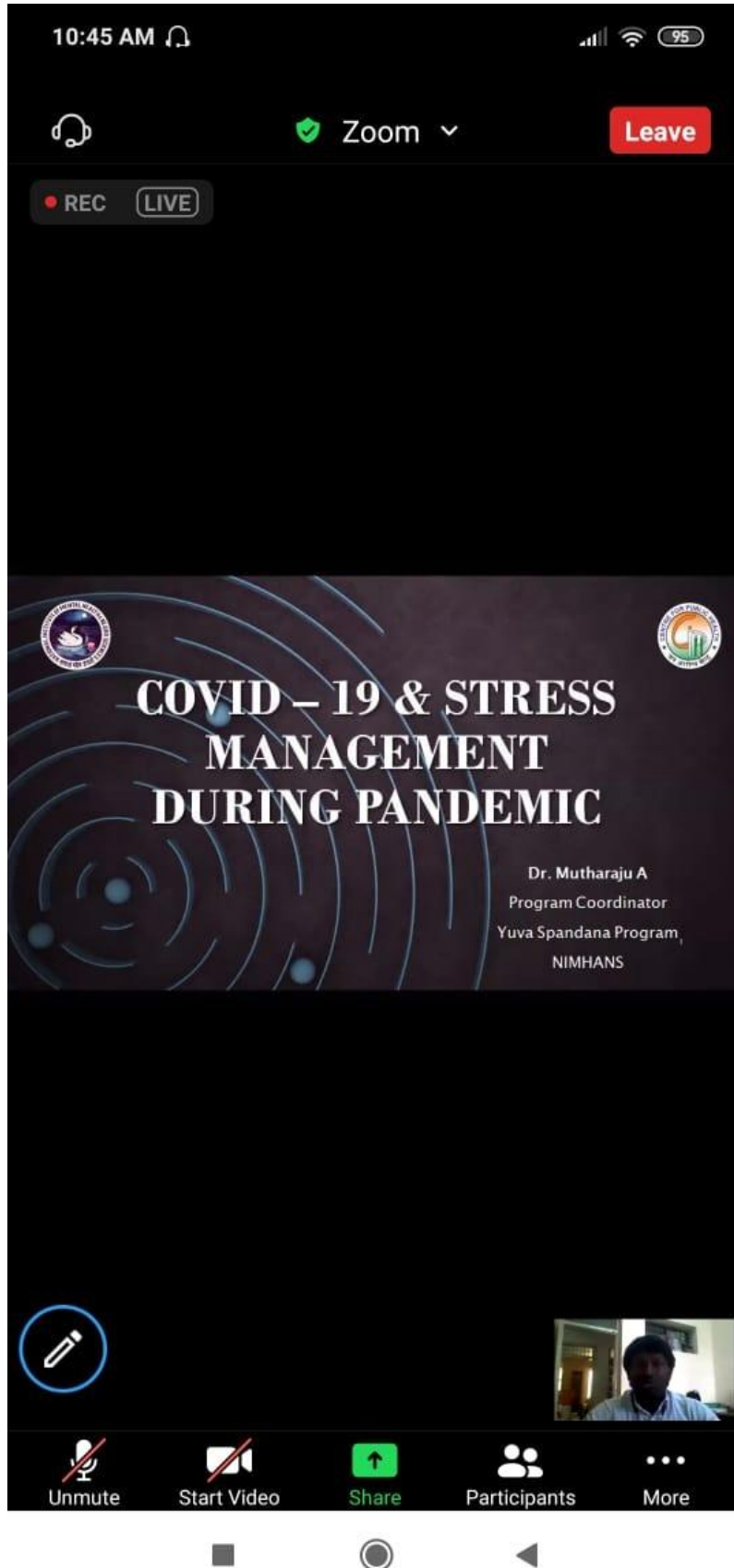
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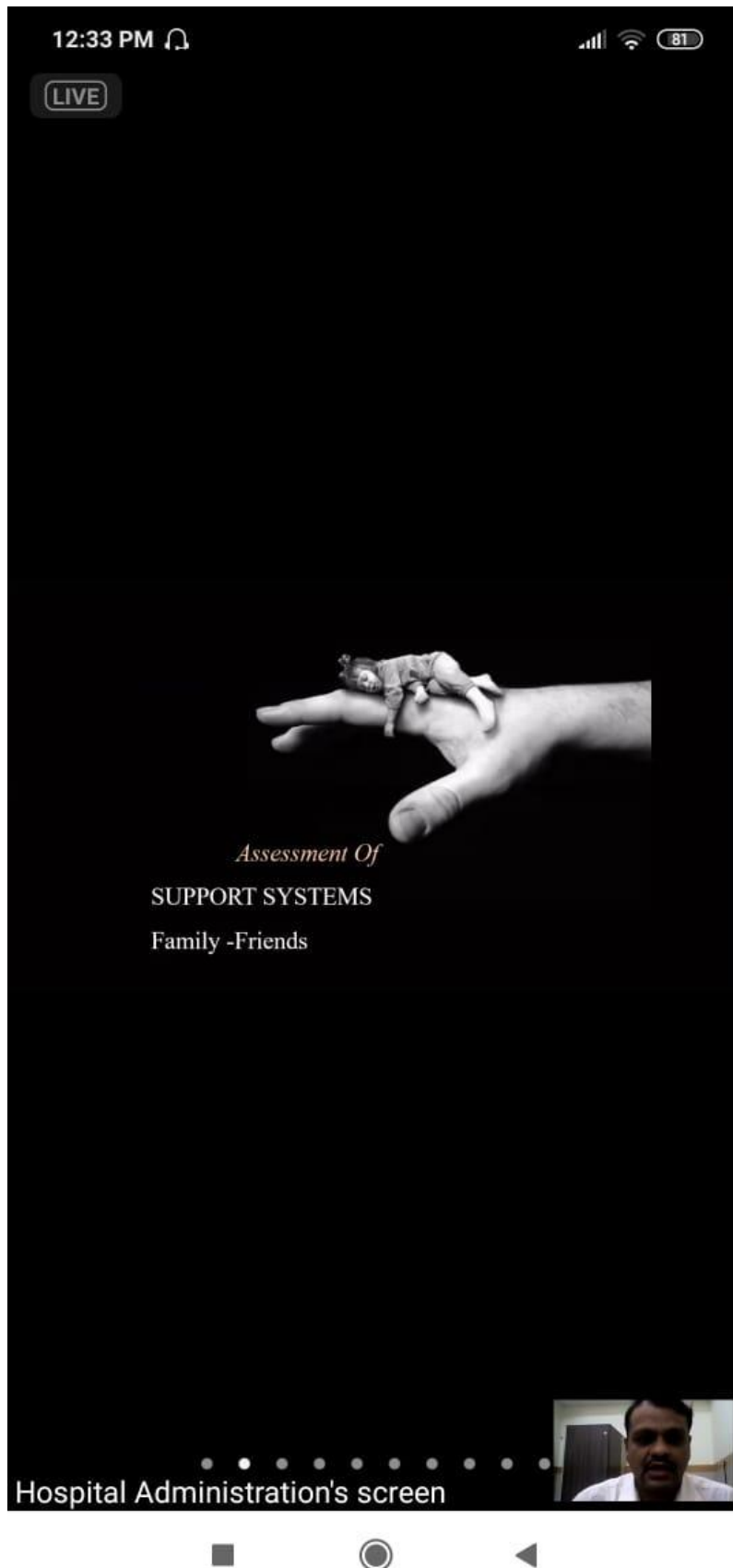
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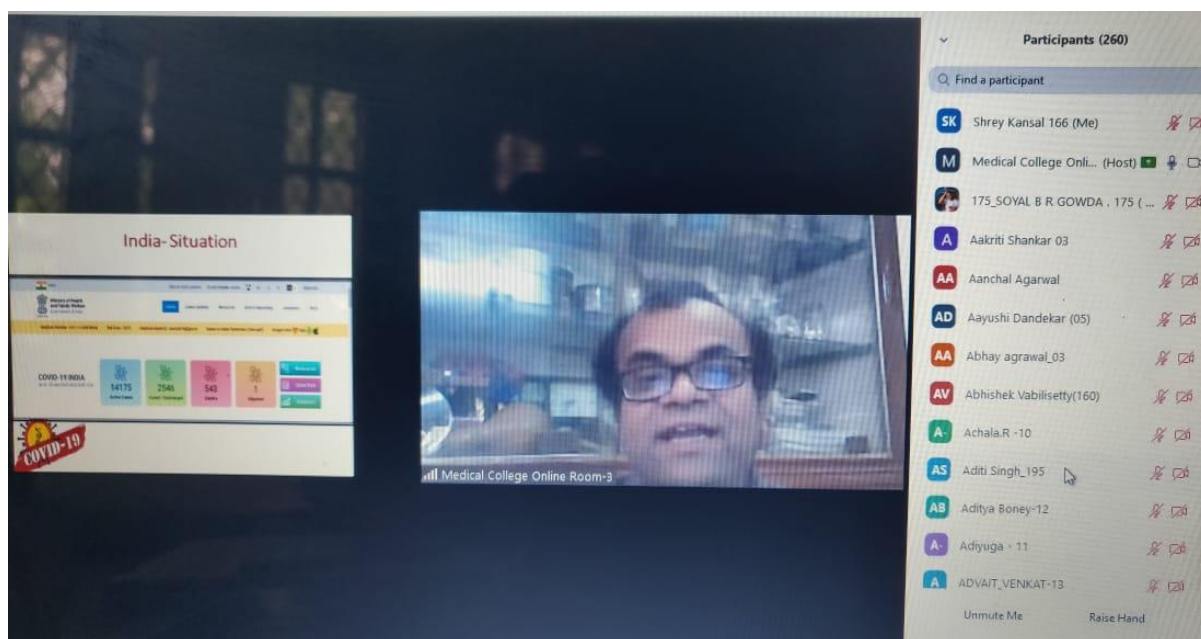


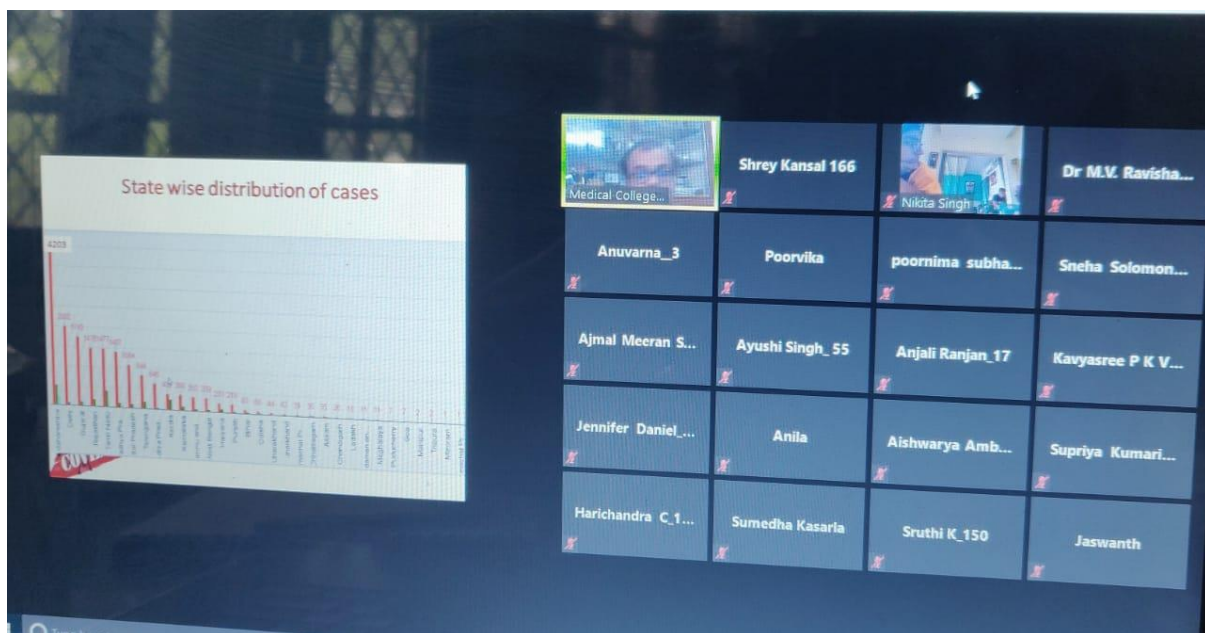
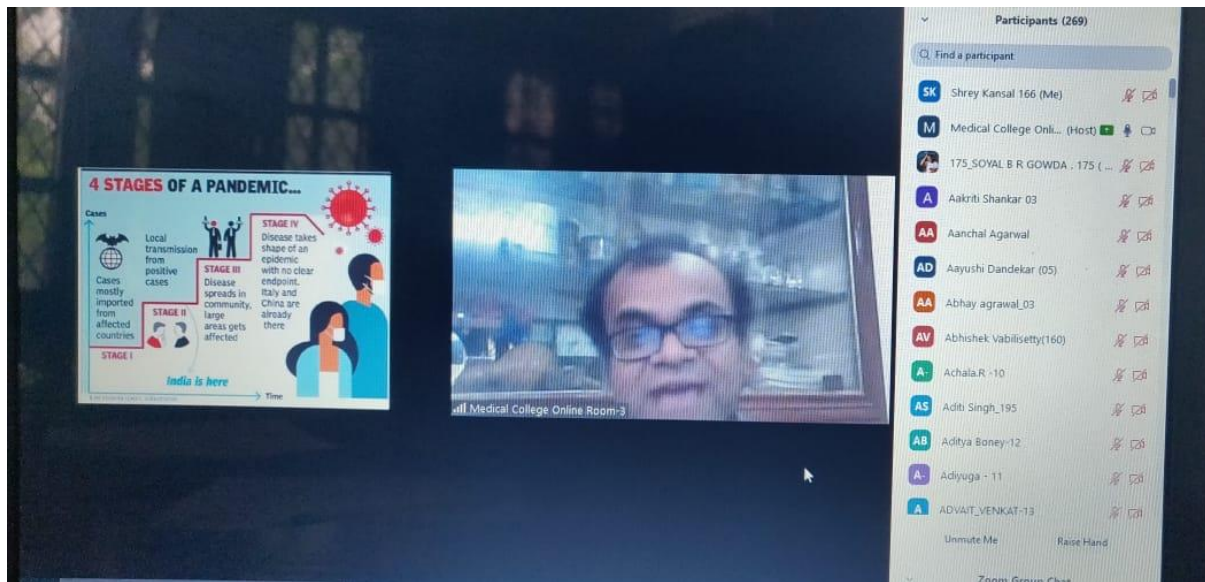
Online session on COVID-19 awareness 20-04-2020

An online informative session was organized by NSS unit of JSS Medical College on 20th April, 2020. Dr Praveen Kulkarni, from Department of Community Medicine of JSS Medical College was the resource person. He spoke on “Spreading awareness and addressing queries regarding the COVID-19 Pandemic” which has threatened the very existence of the human race.

It was conducted for the students and NSS volunteers of JSS Medical College, JSS Dental College, University Departments of JSS Academy of Higher Education and Research. The various stages of pandemic with respect to the Corona Virus, method of spread of the virus was discussed. The methods for prevention of contracting the virus was discussed which include simple steps like using a face mask while going outside, washing hands thoroughly with soap and water for a minimum of 20 seconds, using 70% alcohol based hand sanitizers, sneezing into the elbow or shirt and washing clothes with sodium hypochlorite solution etc.

The session ended with a note on how the medical professionals could prevent being infected by the Corona virus while answering their duty calls. Importance of social distancing to curb spread of the virus till a vaccine has been found was discussed. Role of Hydroxychloroquine prophylactic treatment for the medical professionals and family members taking care of patients suffering from COVID-19 infection was also discussed. As the session came to a close, all the participants had a better understanding of the dynamics of the pandemic and were better equipped both mentally and emotionally for the ongoing lockdown.





Symposium on CoVID-19 05-10-2020

A symposium on CoVID19 which aimed to provide comprehensive knowledge to all was organized on October 5, 2020 by the NSS unit of JSS Medical College in association with the Department of Physiology, JSS Medical College, Mysuru. In the current scenario, it is imperative to be aware about the different aspects of CoVID-19 and several experts from different fields of Medicine addressed the about different aspects of the same. Symposium was conducted online through Zoom with meeting ID 86974466836 and passcode 728834.



The symposium was virtually inaugurated at 10.00 am; and introductory remarks were made by Dr Rajalakshmi R (Professor and Head, Department of Physiology). The symposium was co-ordinated by Dr Bharath T (NSS Programme Officer, JSS Medical College Unit & Asst. Professor of Physiology) and Dr Vijaya Vageesh (Associate Professor, Department of Physiology).

First talk was by Dr Narayana Murthy (Prof and Head, Department of Community Medicine). He spoke about the epidemiological aspects & the current scenario of the disease, ranging from its history & data to emphasizing the need of “SMS” (Social distancing, Masks, Sanitization).

The session was followed by Dr Vijaya B (Professor and Head, Department of Pathology) addressing the Pathophysiology of the Coronavirus infection. She elucidated how the virus establishes the infection in early stage, severe infection & in cases of multi organ failure while illustrating the involved histopathological findings in cases of infection like cellular infiltration, pulmonary edema, congestion of vessels etc. It was followed by a Question-Answer session.

Ensuing which Dr Vidyavathi B Chitharagi (Asst. Professor, Department of Microbiology) elaborated the structure of virus & diagnostic procedure (Specimen collection, latest techniques of viral load detection etc.) which gave the students a better understanding of how the SARS-Cov2 virus causes the disease. After which Dr. Vidyavathi addressed the queries raised by the attendees.

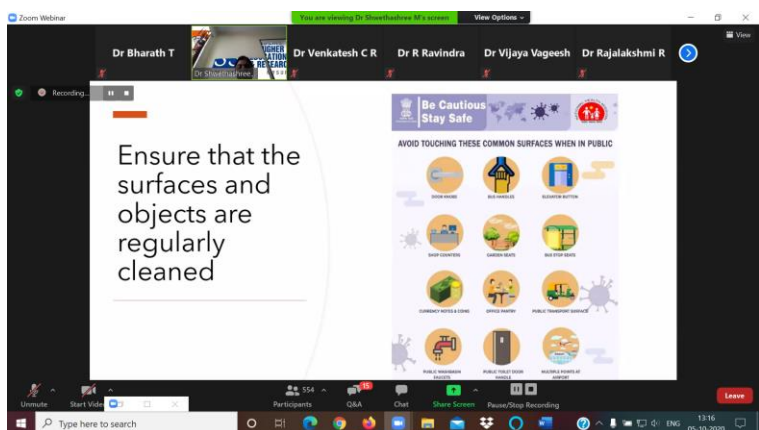
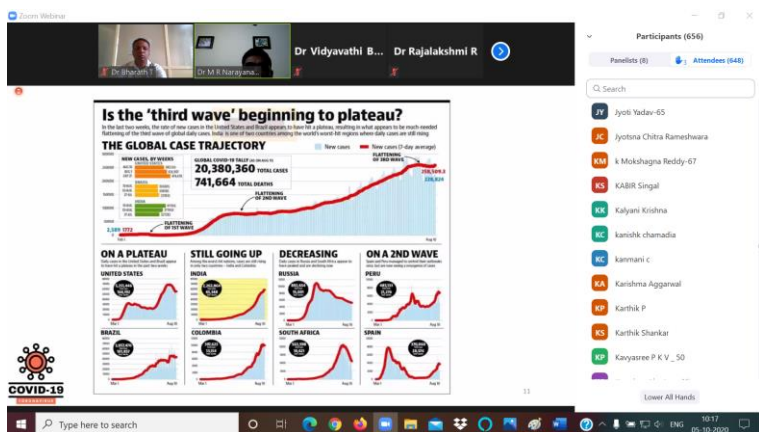
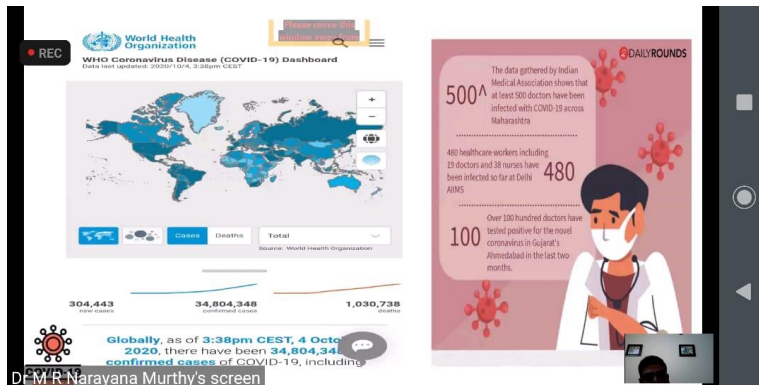
To give an idea of the clinical picture of the disease, Dr Nandini K (Asst. Professor, Department of General Medicine) engaged the audience in a lecture regarding the ‘Clinical Presentation of a CoVID19 Patient’. Discussing the general symptoms & systemic symptoms, she covered all the aspects in addition to covering important terms like Happy Hypoxia, Post CoVID Syndrome, and probable case among several others. The session was concluded by a worthwhile Question-Answer session.

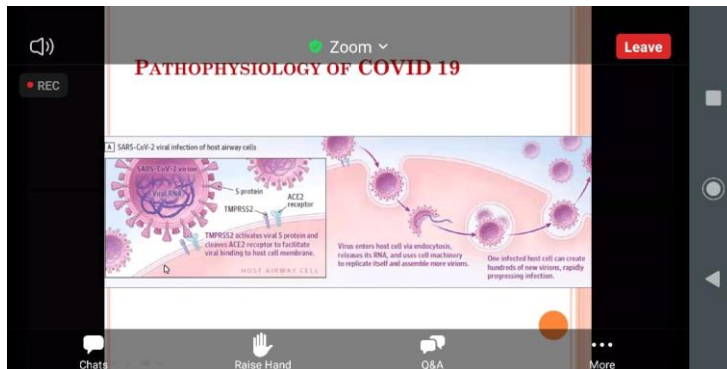
Next up, Dr Venkatesh C R (Asst. Professor, Department of General Medicine) started off his presentation by stating, “The end of this epidemic is not by clinical medicine, but by preventive medicine.” Subsequently he enumerated the management of CoVID-19 whilst discussing the drugs available (like HCQ, Ivermectin, Tocilizumab etc.), relevance of supplements, International & National guidelines regarding the same. Following which he answered the doubts raised by the participants.

Lastly, Dr Shwethashree M (Asst. Professor, Department of Community Medicine) addressed the audience on ‘Preventive & Control Measures’ to be taken. She emphasized on essentials like mask management, handwashing, social distancing.

The symposium came to a closure at 1.30 pm with Dr Vijaya Vageesh delivering a vote of thanks, expressing gratitude for the faculty & the organizers, and reinforcing the fact that the knowledge brought to the table here is quintessential for all of us and our acquaintances as well. The

symposium which was attended by more than 700 participants ended on a high note of awareness and a sense of responsibility among the participants.







Zoom Meeting

Participants: Dr. Rajalakshmi R, Dr. Vijaya Vagesh

Participants (708)

75 Abhishek M B
138 Anaswara KR
73 NIDHIN SHAJU
87 Krishna Ananya
96 Adarsha Ps
99 NANDANA KESAV
139 R Sai Swabhanu
0402_Yashali
08 Aleena Susan Eddho
10 - Sahaj Ahmed yousaf
102 Meenakshi Krishna

Specimen collection and transport

- **Preferred specimen:** Throat (i.e. oropharyngeal) and nasopharyngeal swabs are the best specimens, dipped in viral transport media (VTM) after collection
- **Alternate specimens include:** bronchoalveolar lavage (BAL) or endotracheal aspirate (in ventilated patients)
- Appropriate PPE should be used for specimen collection
- **Specimen transport and packing:** Samples collected should be properly labelled and packed following the triple packaging method transported to the laboratory maintaining adequate cold chain.
- **Storage:** Up on receipt, the specimens should be stored at appropriate temperature 4°C

Dr. Nandini K

Clinical Manifestations of COVID19

CORONAVIRUS SYMPTOMS

Anti-viral therapy

REMEDSIVIR

HYDROXY-CHLOROQUINE

LOPINAVIR/RITONAVIR

FAVIPRAVIR

IVERMECTIN

Dr Venkatesh C R's screen



Effect of Convalescent Plasma Therapy on Time to Clinical Improvement in Patients With Severe and Life-threatening COVID-19: A Randomized Clinical Trial

Liang L¹, Mei H², Peng Y³, Xiao Y⁴, Wang Y⁵, Wu H⁶, Mei H⁷, Peng Y⁸, Li J⁹

Author Affiliations
JAMA. 2020;324(15):1462-1470. doi:10.1001/jama.2020.10044

- Open-label, multicenter, RCT, 7 centres in Wuhan, China
- 103 participants with severe and life threatening disease
- Primary outcome was time to clinical improvement within 28 days
- 52% in CP group vs 43% in control group; hazard ratio=1.40[95% CI, 0.79-2.49]; P=0.2
- Severe disease: Clinical improvement at 28 days, 91% in CP vs 68% in controls(hazard ratio, 2.15[95% CI, 1.07-4.32]; P=0.03)
- No significant difference in 28 day mortality(15.7% vs 24.0%, P=0.30) or rate of

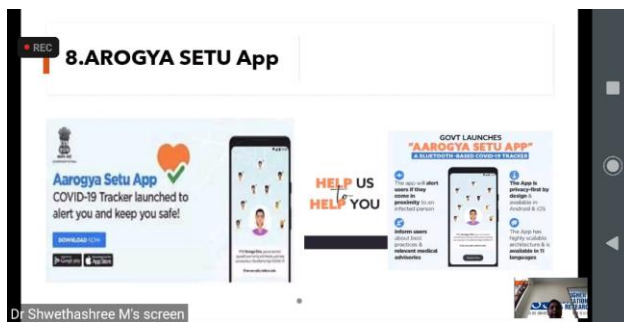
TOCILIZUMAB

- IL 6 receptor antagonist
- IL 6 is found to be high in severe COVID patients
- Reduces cytokines and helps in preventing cytokine storm

Prevention and Control for COVID-19

Dr. Shwethashree M
Assistant professor
Dept. Of Community Medicine
JSSMC, JSSAHER

Dr Shwethashree M's screen



JSS Dental College and Hospital

International day of yoga:

The NSS Unit of JSS Dental College and Hospital celebrated International Yoga Day by organizing online Yoga session for the students and faculty of the college. Dr. Sinchana V, a certified yoga teacher and alumni of JSS Dental College conducted the online yoga session, many students and their parents participated in the online yoga session from their home. There was also yoga posture competition held for faculty members wherein the faculty were asked to send best picture of their yoga posture. There were 15 faculties who participated in the competition and the best yoga posture picture was judged by Mr. Raghu ND, a yoga teacher from Yoga Aaradhana, Mysuru. The faculty who won prizes are

Dr.Usha Hegde – 1st Prize

Dr.Premalatha – 2nd Prize

Dr.Sanjay CJ – 3rd Prize

Both the programmes evoked good response from the participants and the students and their parents gave their positive feedback about the program.



Dr.Usha Hegde



Rajakapotasana

Dr.Premalatha BR



Dr.Sanjay CJ



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NSS day (September 24th 2020)

NSS Unit, JSS Dental College & Hospital observed NSS Day on 24 September 2020. On this occasion, Plant Saplings were planted in the University Campus. Dr Ravindra S, Principal, Mrs. Anushree M, Administrator, Mr. Shadakshari (Mr Ravi), Superintendent, Dr Thippeswamy HM, NSS Programme Officer, Faculty, Post Graduates, House Surgeons and Students participated in this event.



Sri Shivarathreeshwara Nagar, Mysuru - 570 015, Karnataka, India

T: +91-821-2548400; F: +91-821-2548394 E: registrar@jssuni.edu.in W: www.jssuni.edu.in



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Hand hygiene awareness program:-

On 20th January 2021, Department of Public Health Dentistry, NSS UNIT JSS Dental college and Hospital, Mysuru conducted health and hygiene awareness programme at Dandikere, rural village in Karnataka. The programme was headed by DR. THIPPESWAMY and the house surgeons.

On arrival, the team were warmly welcomed by The Village head. Dr. Thippeswamy informed the village head about the awareness programme to be conducted to which he responded in a positive way. The village head assembled few localities, senior citizens and children for a brief inauguration of the same. The main agenda was delivered to them by professor and also explained them about the importance of health and hygiene that should be maintained during this pandemic which includes hand hygiene and use of mouth masks. Hand sanitisers and information pamphlets were distributed among the villagers.

To spread the awareness to all the people, the House surgeons were paired up and sent to individual houses of village. House surgeons carried pamphlets and hand sanitisers for illustrating hand hygiene technique and various hygiene methods to be practiced during the pandemic. People were trained about health hygiene techniques and were asked to repeat the procedure until they could do it perfectly.

House surgeons eagerly participated in the programme and communicated with the villagers effectively and efficiently. The families greeted and cooperated very well with house surgeons.

Children from Aganawadi were educated about the sanitisation procedure and reciprocated the same.

The programme was a big success.





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JSS College of Pharmacy, Mysuru

Description of activities:

1. Independence Day Celebrations

JSS AHER along with the constituent colleges and NSS units celebrated the 74th Independence Day in the JSS Medical institutions campus.

2. Celebration of constitution day and reading of the preamble

JSS AHER along with the constituent colleges and NSS units celebrated the constitution day and reading of the preamble at Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru.

As a part of the celebration, the honorable President of India lead the nation at 11:00 am on 26th November 2020 in reading the preamble of the constitutin of India to mark the occasion of “Constitution Day”.

Dr. B. Manjunatha, Registrar, JSS AHER, Dr. P.A. Kushalappa, Director- Academics, JSS AHER, Dr. T.M. Pramod Kumar, Principal, JSSCPM and other dignitaries, teaching and non-teaching staff & students participated in the session.



3. Republic day celebrations

JSS AHER along with the constituent colleges and NSS units celebrated the Republic day at JSS Medical Institutions Campus, Mysuru on 26th January 2021.

Dr. Sathish Chandra, Administrative Officer, JSS Medical College unfurled the tricolor flag, Dr. B. Manjunatha, Registrar, JSSAHER, Dr. T.M. Pramod Kumar, Principal, JSSCPM and other dignitaries were present during the occasion.



4. Yoga for Health

On the occasion of Surya Jayanthi, Department of Yoga, JSSAHER along with NSS Units of the constituent colleges had organised yoga session for all teaching, non-teaching staff and students of JSSAHER at JSS Suttur Mutt, Mysuru.





International Women's Day Celebration

National Service Scheme (NSS) unit of JSS College of Pharmacy, Mysuru celebrated International Women's day on **10 March** 2021.

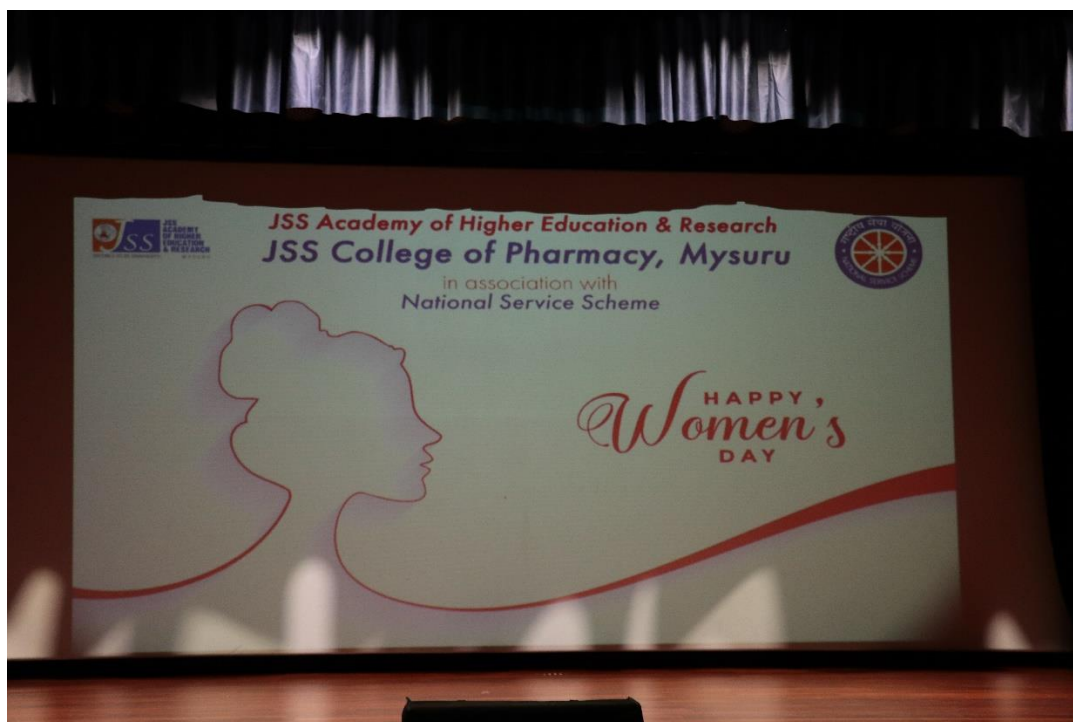
Every year March 8 marks International Women's Day across the world. The day is dedicated to honour the achievements of women across different fields and to push for gender equality.

Women's Day was first observed on March 19, 1911, in Austria, Denmark, Germany and Switzerland. Campaigns across Europe against WWI inspired women in other countries to adopt International Women's Day. The date of observance moved to March 8 in 1913.

The global UN Women theme for International Women's Day (IWD) 2021 is "Women in Leadership: Achieving an equal future in a COVID-19 world". This theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future.

Women staff of JSS College of Pharmacy, Mysuru shared their views on this occasion. A token of appreciation was presented for the invaluable service rendered by our women staff of the college.

Dr. T.M. Pramod Kumar, Principal, JSSCPM, Ms. Divyashree B, AAO, JSSCPM, Dr. P.K. Kulkarni, Vice-Principal, JSSCPM, teaching, Office, Non-teaching and Housekeeping staff were present during the occasion.





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JSS College of Pharmacy, Ooty

15th August 2020

74th Independence Day was celebrated at the college campus. The National Tricolor flag was hoisted by the Vice Principal Dr Afzal Azam and NSS Program Officer Dr.B.Babu . For the first time the celebration was carried out through virtual due to corona pandemic. Patriotic song dance and speech were performed by the 3rd B.Pharmacy NSS volunteers. Sweet distribution was also held during the event.





26th January 2021

Celebrated 72nd Republic day at the institution. Mr.Basalingadevaru Administrative officer was the chief guest of the function. The faculty and supporting staff participated in the celebration of the function. Dr.B.Babu NSS Programm officer welcomed the gathering and Dr.K.P.Arun Academic coordinator addressed the gathering the NSS volunteers organized the event gave speech on the importance of the day. Flag hoisting, speech by volunteers and sweet distribution were the events of the day.





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28th February 2021

The JSSCPO NSS Volunteers participated in the Thaipposam at Elk Hill Murugan temple in an attempt to regularize the traffic, pilgrims and distributing the prasadam. About 35 NSS Volunteers participated in the event.





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University Department, JSS AHER, Mysuru

1. WORLD FOOD DAY-2020 at JSS AHER

With the theme “*Grow, Nourish, Sustain. Together: Revolution for future action*”, World Food day-2020 was celebrated on 16th and 17th October 2020. The programme was organized by NSS unit of JSS AHER, Mysuru- Faculty of Life Sciences in association with Dept. of Nutrition & Dietetics and Department of Health System Management Studies, JSSAHER as a part of series of events to commemorate the 105th Jayanthi Celebration of Srimanmaharaja Rajgurutilaka His Holiness Jagadguru Dr. Sri Shivaratri Rajendra Mahaswamiji. The programme comprised of scientific session and various competitions.

On the first day (16.10.2020), scientific session was presented by Dr. Shubhashree MN, MD (Ayurveda), Research Officer (S-2), Regional Ayurveda Research Institute for Metabolic Disorders, GOI, Bengaluru, and Theme of the scientific session was Ayurvedic perspective of food & its impact on health. With insight into Ayurvedic science, the scientific talk emphasized on the concept of Swastya (Health) and its assessment, Ayurvedic concept of food, basic principles of dietetics, basic differences in approach and richness of Indian diet. The scientific talk importantly addressed regarding the convalescent food as a healing modality which is a unique contribution of Ayurveda. Program relevantly enables to understand the rigorous investigation required for incorporation into conventional health care across the globe especially beneficial during pandemic situation.

Followed by the scientific session, an exclusive performance and motivation speech was delivered by the special invited guest Mr. Vasuki Vaibhav, Singer and Composer of the Sandalwood Industry Fame.

Various competitions mark World Food Day-2020

Mysuru, Nov. 20- With the theme 'Grow, Nourish, Sustain Together: Revolution for Future Action,' a two-day programme to mark World Food Day-2020 by the NSS unit of JSS Academy of Higher Education and Research (JSS AHER), Mysuru - Faculty of Life Sciences, in association with the Department of Nutrition and Dietetics and Department of Health System Management Studies, JSS AHER.

On day-1, scientific session was presented by **Dr. M.N. Shubhashree**, MD (Ayurveda), Research Officer (S-2), Regional Ayurveda Research Institute for Metabolic Disorders, Government of India (Gol), Bengaluru and theme of scientific session was 'Ayurvedic perspective of food and its impact on health.'

With insight into Ayurvedic science, the scientific talk emphasised on the concept of Swasthya (Health) and its assessment, Ayurvedic concept of food, basic principles of dietetics, basic differences in approach and richness of Indian diet. A motivation speech was delivered by the special invited guest **Vasuki Vaibhav**, Singer and Composer of the Kannada Film Industry.

Competitions like e-Poster, Pick and Speak, Quiz and Recipe Video Presentation were conducted on both the days.

In the valedictory, chief guest **Dr. K.L. Krishna**, NSS Programme Co-ordinator, JSS AHER, addressed the gathering about thumb rules which youngsters should follow as good food practices for better health.



Dr. Shubhashree Vasuki Vaibhav

Dr. K.A. Raveesha, Professor and Head, Faculty of Life Sciences, presided and emphasised on awareness programme on food and nutrition.

The event was conceptualised and organised by **Dr. B.V. Sushma** and students from Nutrition and Dietetics alongside **Dr. K.T. Vadiraj**, **Dr. Netravati Hiremath**, **Dr. Raghu Ram Achar** and **K. Roshan**. Winners of the event are as follows:

e-Poster: 1st - **R. Zahistha Begum**, Avinashilingam University, Coimbatore; 2nd - **Veda Chandrashekhar**, Govt. Home Science College, Hassan; 3rd - **Panchami**, JSS AHER.

Pick & Speak: 1st - **R. Zahistha Begum**, Avinashilingam University, Coimbatore; 2nd - **Sarah Sunil Joseph**, Indian Institute of Public Health, Gandhinagar.

Quiz: 1st - **Sarah Sunil Joseph**, Indian Institute of Public Health, Gandhinagar; 2nd - **R. Samyuktha**, JSS AHER; 3rd - **S. Simran**, JSS AHER.

Recipe Video Presentation: 1st - **R. Samyuktha**, JSS AHER; 2nd - **S. Akshaya**, Govt. Home Science College, Hassan.

Participants from Karnataka, Gujarat, Madhya Pradesh, Tamil Nadu, Telangana, Kerala and Maharashtra attended the session and took part in events.



In line with the theme of the event, competitions like E-Poster, Pick and Speak, Quiz, Recipe video were conducted on both the days. In the valedictory session (17.10.2020), Dr. K.L. Krishna, NSS Programme Coordinator, JSS AHER as the Chief Guest addressed the gathering about the thumb rules which youngsters should follow as good food practices for better health. Dr. Raveesha, KA, Prof. & Head, Faculty of Life Sciences presided over the event and emphasized on awareness programme on food & nutrition for better health.

The event was conceptualized and organized by Dr. Sushma BV and students from Nutrition & Dietetics alongside Dr. Vadiraj K.T, Dr. Netravathi Hiremath, Dr. Raghu Ram Achar and Mr Roshan K.

Winners of the event are as follows:

E-POSTER	
First	Ms. Zahistha Begum R, Avinashilingam University, Coimbatore
Second	Ms. Veda Chandrashekhar, Govt. Home Science College, Hassan
Third	Ms. Panchami, JSS AHER, Mysuru
PICK AND SPEAK	
First	Ms. Zahistha Begum R, Avinashilingam University, Coimbatore
Second	Ms. Sarah Sunil Joseph, Indian Institute of Public Health, Gandhinagar
QUIZ	
First	Ms. Sarah Sunil Joseph, Indian Institute of Public Health, , Gandhinagar
Second	Ms. Samyuktha R, JSS AHER, Mysuru
Third	Ms. Simran S, JSS AHER, Mysuru
RECIPE VIDEO PRESENTATION	
First	Ms. Samyuktha R, JSS AHER, Mysuru
Second	Ms. Akshaya S, Govt. Home Science College, Hassan

Participants from various regions of Karnataka and also from States like Gujarat, Madhya Pradesh, Tamilnadu, Telangana, Kerala, and Maharashtra attended the session and participated in events.



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2. Mr. Siddesh VS, student of DWH – FLS, participated in the National and State Pre-RD selection Camp held at Karnatak University, Dharwad from 9th to 12th November 2020.





NSS SPECIAL CAMPING ACTIVITIES FROM NSS UNITS FOR THE YEAR 2020-21

**Because of COVID-19 situation no Special camping activities
were done for the year 2020-21**

**JSS College of Pharmacy, Ooty, Tamilnadu has organized Special camping activities
of 2019-20 from March 8th 2021 to March 13th 2021.**

The details are given below

NSS Report of JSSCPO from 1st April 2020 to 31st March 2021

Special Camping Activities

Date : March 8th 2021 to March 13th 2021
Name of the village : Yedapalli village, Coonoor.

Program list

Day/Date	Morning session	Afternoon session
08/03/2021 Monday	NIL	The volunteers left the campus around 1:30 pm and reached Yedapalli village by 3:00 pm. They had their tea and snacks and brief explanation was given about the next five day routine. The volunteers were given accommodation in Siddhagiri Sai Hospital and after their refreshments, they cleaned their accommodation premises and one group helped in dinner preparation and they



		had their dinner and retired to bed.
09/03/2021 Tuesday	INAUGURATION After the inauguration program, the volunteers were divided into four groups and each group had different tasks of gardening, kitchen work, mandir cleaning and prashadam distribution and cleaning the water body close by.	By 5:00 pm all the groups successfully completed the tasks given to them. After having the refreshments, with the guidance of local persons, the unit was taken to a hill point (trekking). After returning, the dinner was prepared and the volunteers hit the bed.
10/03/2021 Wednesday	The day started with the some physical activity and after having the breakfast the unit started the regular routine and they were given the tasks of cleaning the area around the hospital, temple and school, and one group engaged in kitchen work.	In the evening by 5.00 pm, volunteers completed their work and had their refreshments and took a walk to the temple nearby. By 7:00 pm we had a small interactive session, with Ms. Sheeba. Their talk was so inspiring and motivated the volunteers, upon their personal life and career.
11/03/2021 Thursday	On the auspicious day of Mahashivarathri, the volunteers refreshed themselves and started their daily routine and the groups were assigned to clean the garden area, cowshed, and the temple. One group was involved in the cooking.	After completing the assigned jobs, the volunteers got ready by 2:30 pm and they were taken to Shivan temple on a hill to. By 4:15 pm they were back and had their refreshments and got ready for the special Shivarathri pooja at 6:00 pm. The volunteers were actively involved in performing pooja, serving the crowd



		with refreshments from time to time and helping the temple workers to carry out the pooja in an efficient manner. The pooja was till next day 6:30 am and most of the volunteers stayed for the full pooja.
12/03/2021 Friday	The volunteers who stayed for the whole pooja were given rest and the other volunteers after the breakfast, were involved in the dental camp organized by 5 th PharmD students in the Siddhagiri Sai Hospital.	<p>After lunch, by 2:30 pm the volunteers gathered and were divided into groups for the cleaning activities. By 5:00 pm all of them completed their work and had their refreshments. Around 6:30 pm, we had a session with Respected Sri Sakthi Mayi Amma where the volunteers were very interactive and session was an eye opener to all the volunteers.</p> <p>After dinner, the volunteers arranged a campfire and spent a quality time, by sharing each other are volunteering experience.</p>
13/03/2021 Saturday	Valedictory Function	