



**JSS Academy of Higher Education & Research**

(Deemed to be University)

Accredited "A" Grade by NAAC



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# **JSS Academy of Higher Education & Research**

## **Sri Shivarathreeshwara Nagara,**

## **Mysuru-570015**

**National Service Scheme (NSS)**

**<https://www.facebook.com/jssunss>**

**[jssunss@jssuni.edu.in](mailto:jssunss@jssuni.edu.in)**

## **Annual Report 2021-22**



**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.



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### 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*

*Sri Shivarathreeshwara Nagara,*

*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.	01 <sup>st</sup> APRIL 2021 TO 31 <sup>st</sup> MARCH 2022		
BASIC INFORMATION ABOUT UNIVERSITY				
	State	Karnataka		
	University	JSS Academy of Higher Education & Research, Mysuru		
	Name of the Programme Coordinator	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
		10	08	2018
	NSS volunteers strength :	450		
	Total No. Of student population of the University	9875		
	NSS strength allocated by State Government	450		
	Actual No. Of NSS volunteers	579		
	Male 310    Female    269	Total 579		
	No. Of Collèges 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	4,15,000.00		
	for Regular Activities	for Special Camps		

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

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	Day of receipt Saturday	Day of receipt Saturday
	Amount received Rs.112,500.00	Amount received Rs. 1,0,1250.00
	Per capita expenditure for establishment at University	Rs. 500/Volunteer
	<b>SPECIAL CAMPING PROGRAMME</b>	
I)	Total No. Of volunteers participated	225
ii)	No. Of camps organised	05
Activity description : (column under which no activity has been conducted may be left blank)		
(1)	<b>LITERACY</b>	
1.1	No. Of student volunteers participated	Male 320 Female 205
1.2	No. Of villages/slums adopted for total literacy.	12
1.3	Total No. of illiterates	Male 63 Female 68
1.4	No. of persons made literature	Male 04 Female 10
1.5	No. Of villages/adopted areas made full literature : (indicate literacy status/percentage attained in the adopted area) attachlist.	Nil
<b>2</b>	<b>ENVIRONMENT/WASTELAND DEVELOPMENT AND CONSERVATION</b>	
2.1	No. Of camps organised	05
2.1.1	Tree plantation (van)	Nil
2.1.2	No. of saplings planted	320
2.1.3	Rate of survival (no. Of plants survived/total no. Of plantation x100)	82%
2.1.4	Area proposed to becovered	_____Hectares
	Actual area covered	_____Hectares
2.1.5	Any other environment programme	
	area covered	
	No. of beneficiaries	
2.2	Reconstruction/repair of roads	
2.2.1	Distance laid	_____Kms.
2.2.2	No. of days	
2.3	Water shed conservation and drinking water facilities :	
2.3.1	No. Of camps/campings organised on the issue	05



2.3.2	No. of wells/cross bunds/water shed/harvesting structures/irrigation canals/any Other planned	Nil
2.3.3	No. of such facilities created	
<b>3</b>	<b>HEALTH AND FAMILY WELFARE</b>	
3.1	Immunisation/health camps	23
3.11	Immunisation/health camps conducted	15
3.1.2	Details of health programme organised & beneficiaries	Mission Indradhanush Immunisation Program and others
	Health programme (specify)	Male 22 Female 34
3.2	<b>BLOOD DONATION CAMPS.</b>	
3.2.1	No. of blood donation camps Conducted	05
3.2.2	No. Of units of blood collected	398
3.3	Population education:	
3.3.1	Immunisation/health camps conducted	12
3.3.2	No. Of persons covered	Male 718 Female 574
3.4	Eradication of drug abuse :	
3.4.1	No. of camps/awareness campings held	9
	No. of beneficiaries	Male 375 Female 255
<b>4.</b>	<b>PROGRAMME FOR WOMEN</b>	
	Nature of programme :	
4.1	No. Of camps organised	05
4.2	No. Of beneficiaries	435
4.3	Campaign against social evils (if any)	AIDS Awareness, Drug abuse, Alcohol rehabilitation, sexual harassment, health and hygiene etc.
<b>5.</b>	<b>WORK IN HOSPITALS, ORPHANAGES &amp; DESTITUTE HOMES :</b>	
5.1	No. of persons benefitted	570
<b>6.</b>	<b>WORK DURING EMERGENCIES</b>	
6.1	Type of work: Cyclone/Earth quake/ Floods/Draught/ Riots/Other Areas (specify)	Nil
6.2	No. Of persons benefitted	--
<b>7.</b>	<b>AIDS AWARENESS (UTA)</b>	
7.1	No. Of colleges/+ 2 schools identified	12



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7.2	No. Of programme officers trained	Nil
7.3	No. Of peer educators trained	06
7.4	No. Of beneficiaries	700
8.	<b>Any other programme not covered above, please give statistical data in 50 words:</b>	Given under University, regular and special camping activities

**Place:** Mysuru

S/d

**Date:** 15<sup>th</sup> Dec 2022

**Signature of the Programme Coordinator NSS**





**Dates of College level NSS Advisory Committee held for the year 2021-22**

College	Dates
JSS Medical College, Mysuru	09-08-2021
JSS Dental College & Hospital, Mysuru	20-09-2021
JSS College of Pharmacy, Mysuru	20-09-2021
JSS College of Pharmacy, Ooty	18-09-2021
University Department, JSS AHER, Mysuru	03 -12 2022

**Details of Special Camp activities**

NSS Unit	Dates of Special Camp	Village
JSS Medical College, Mysuru	14 <sup>th</sup> to 20 <sup>th</sup> March 2022	Naguvanahalli
JSS Dental College & Hospital, Mysuru	14 <sup>th</sup> to 20 <sup>th</sup> March 2022	Belavadi
JSS College of Pharmacy, Mysuru	24 <sup>th</sup> to 30 <sup>th</sup> March 2022	Majjigepura
JSS College of Pharmacy, Ooty	22 <sup>nd</sup> to 28 <sup>th</sup> March 2022	Nedungalkomba and, Manjakombai
University Department, JSS AHER, Mysuru	24 <sup>th</sup> to 30 <sup>th</sup> March 2022	Hulikere



**BUDGET AND MONETIZATION OF NSS ACTIVITIES 2021-22**

**Total monetization of NSS REGULAR ACTIVITIES for the year 2021-22**

College	Number of beneficiaries	Total Outcome in Rs.
JSS Medical College, Mysuru	4140	22,800.00
JSS Dental College & Hospital, Mysuru	475	1,06,000.00
JSS College of Pharmacy, Mysuru	500	1,10,000.00
JSS College of Pharmacy, Ooty	150	1,20,000.00
University Department, JSS AHER, Mysuru	530	13,000.00
<b>Total</b>	<b>5795</b>	<b>3,71,000.00</b>

**Total monetization of NSS SPECIAL CAMPING ACTIVITIES for the year 2021-22**

College	Number of beneficiaries	Total Outcome in Rs.
JSS Medical College, Mysuru	50	80,000.00
JSS Dental College & Hospital, Mysuru	2,000	1,30,000.00
JSS College of Pharmacy, Mysuru	2,000	2,05,000.00.00
JSS College of Pharmacy, Ooty	905	2,30,000.00
University Department, JSS AHER, Mysuru	350	35,250.00
<b>Total</b>	<b>24,689</b>	<b>6,80,250.00</b>

**Societal Contribution of monetization**

Total Amt received for NSS activities 2021-22			Total Monetization for 2021-		
Activity	Amt in Rs	Grand total in Rs	Activity	Amt in Rs	Grand total in Rs
Regular activities (Govt.)	1,12,500.00	6,37,750.00	NSS Regular activities	3, 71,000.00	10,51,250.00
Special Camping Activities (Govt.)	1,01,250.00		NSS Special Camping Activities	6,80,250.00	
<b>From JSS AHER</b>	<b>4,15,000.00</b>				
<b>Total societal contribution</b>				<b>4,13,500.00</b>	



**NSS REGULAR ACTIVITIES FROM NSS UNITS FOR THE YEAR 2021-22**

**1. JSS Medical College, Mysuru**

**BIO-WASTE MANAGEMENT AWARENESS PROGRAMME – 23-11-2021**

The first cases of COVID-19 in India were reported in January 2020 and ever since, the infectious disease has spread rampantly, acquainting us to the new normal of wearing masks and face shields. Masks are now being used at regular basis, generating a lot of biomedical waste in the form of used masks. Hence, in these times, biomedical waste management is of great importance to reduce the serious health implications and to protect public health and environment.

Keeping the same agenda in mind, the NSS Unit of JSS Medical College, Mysuru organized an awareness programme to address the topic "Bio-Waste management". It was conducted on 23 November 2021 in JSS High School, Bannimantap, Mysuru with over 8 volunteers participating in it. Around 140 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.

The programme was conducted in the honored presence Dr.Bharath T (NSS Programme Officer, JSS Medical College) and Dr.Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who enlightened the students with their valuable inputs. It was concluded successfully with the students gaining an insight into how to manage the waste they produce.







## **BIO-WASTE MANAGEMENT AWARENESS PROGRAMME**

The first cases of COVID-19 in India were reported in January 2020 and ever since, the infectious disease has spread rampantly, acquainting us to the new normal of wearing masks and face shields. Masks are now being used at regular basis, generating a lot of biomedical waste in the form of used masks. Hence, in these times, biomedical waste management is of great importance to reduce the serious health implications and to protect public health and environment.



Keeping the same agenda in mind, the NSS Unit of JSS Medical College, Mysuru organized an awareness programme to address the topic "Bio-Waste management". It was conducted on 23 November 2021 in JSS Pre-University College, Bannimantap, Mysuru with over 8 volunteers participating in it. Around 60 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.

The programme was conducted in the honored presence Dr.Bharath T (NSS Programme Officer, JSS Medical College) and Dr.Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who enlightened the students with their valuable inputs. It was concluded successfully with the students gaining an insight into how to manage the waste they produce.

## **COVID 19 AWARENESS PROGRAMME**

Amid the ongoing COVID 19 Pandemic and considering its widespread effects on human lives, it is extremely important to educate the young generation about what actually COVID 19 is and various other aspects related to it.

To address the same issue, the NSS Unit of JSS Medical College, Mysuru organized a COVID-19 Awareness Programme on 23 November 2021 in JSS High School, Bannimantap, Mysuru. Around 8 volunteers participated in the programme and through the medium of skit and poster presentation, over 140 students were educated about an extensive list of aspects related to the disease like, what is COVID-19, its symptoms, precautions and preventive measures to avoid the spread of COVID-19, basis of treatment & associated myths and facts. They were also made aware about India's vaccination programme and relevant facts.

The programme was conducted in the honored presence Dr. Bharath T (NSS



Programme Officer, JSS Medical College) and Dr. Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who enlightened the student through their valuable inputs. It concluded successfully, with the volunteers addressing students' doubts and encouraging them to follow COVID appropriate behavior.



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The programme was conducted in the honored presence Dr. Bhairath P (NSS Programme Officer, JSS Medical College) and Dr. Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who enlightened the students through





their valuable inputs. It concluded successfully, with the volunteers addressing students' doubts and encouraging them to follow COVID appropriate behavior.

## DENGUE AWARENESS PROGRAMME

With the onset of monsoon, the district of Mysuru experienced a surge in the number of dengue fever cases. As of 17 November 2021, 108 cases and 2 deaths were recorded in Mysuru. Amidst the rising number of cases, it becomes important to promote health education and public awareness to improve the control of dengue mosquito vector.

In accordance to this, the NSS Unit of JSS Medical College, Mysuru organized an awareness programme on 23 November 2021 in JSS High School, Bannimantap, Mysuru. Over 140 students were educated about what dengue is and its causes, its symptoms and how to prevent its spread. They were also told about the immunity boosting foods that can be consumed.

The programme was conducted in the honored presence Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. M.V. Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs.







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The programme was conducted in the honored presence Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs.

## **MASK DISTRIBUTION DRIVE**

The impact of Coronavirus pandemic on India has been largely disruptive in terms of loss of human lives as well as economic activity. It is extremely important to ensure the prevention of further spread of the disease.

In view of the same agenda, the NSS Unit of JSS Medical College, Mysuru organized a Mask Distribution Drive on 23 November 2021 in JSS High School, Bannimantap, Mysuru. Considering that the students belong to a lower socio-economic stratum and cannot afford buying new masks on a regular basis, around 25 NSS Volunteers distributed cloth masks among 140 students of the school.

The programme was conducted in the honored presence Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. M.V. Ravishankar (Assistant NSS Programme Officer, JSS Medical College). The drive ended on a high note with the volunteers motivating the students to wash their masks regularly and follow COVID appropriate behavior.



## **MENSTRUAL HYGIENE AWARENESS PROGRAMME**

Menstrual Hygiene is vital to the empowerment and well-being of women and girls worldwide. Lack of menstrual hygiene can pose as a very important risk factor in development of reproductive tract infections, and hence it is vital to educate adolescent girls about it.

In pursuit of the same, the NSS Unit of JSS Medical College, Mysuru organized an awareness programme on 23 November 2021, in JSS High School, Bannimantap, Mysuru with over 8 volunteers participating in it. The aim was to educate adolescent menstruating girls about various aspects of menstrual hygiene. Over 60 girls of age group 13-18 were educated about importance of menstrual hygiene, proper disposal of pads, necessary dietary modifications while menstruating and common taboos about menstruation, through the medium of skit and poster presentation.

The programme was conducted in the honored presence of Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. Ravishankar (Assistant NSS Programme Officer, JSS Medical College). The awareness programme was concluded successfully with valuable inputs from the teaching staff of the school.



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The programme was conducted in the honored presence of Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. Ravishankar (Assistant NSS Programme Officer, JSS Medical College). The awareness programme was concluded successfully with valuable inputs from the teaching staff of the school.

## **RADIATION HAZARD AWARENESS PROGRAMME**

Radiation refers to tiny, invisible or high speed particles or high energy electromagnetic wave energy that passes from one location to another. Radiation is considered to be a boon and a bane to humanity. Although it is a





valuable asset to health care and other industries, its harmful effect on human lives cannot be ignored.

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. With around 8 volunteers taking part in it, the programme was conducted in 4 sessions to educate over 140 students about both pros and cons of radiation and letting them decide the judicial way of usage. It was done through the medium of skit presentation.

The programme was conducted in the honored presence Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. M.V. Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs. The programme ended with the demonstration of a 3 step drill that students should follow in case of a radiation accident.



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### **ANATOMY DEPARTMENT ACTIVITY REPORT: DST-STUTI AWARENESS PROGRAMME**

#### **“SCIENCE ON WHEELS”**

The Scheme 'Synergistic Training programme Utilizing the Scientific and Technological Infrastructure' (STUTI) is intended to build human resources and its knowledge capacity through open access to S&T Infrastructure across the country. STUTI scheme envisions a sensitization and hands-on training programme for the students across the country. It has initiated nationwide awareness and training programme. The JSS University AHER, Mysuru, Karnataka, and all its constituent colleges actively participated in the “**Science on Wheels**” programme, under (AZADI KA AMRIT MOHATSAV) to celebrate “**National Science Week**” which was held from 22nd February 2022 to 28th February 2022. Various departments actively participated to educate school and college students of various institutions in 7 different places for 7 consecutive days. The Department of Anatomy had posted faculties and post-graduate students for the programme, held in JSS Women College, Kollegala (1st Day) followed by JSS Women’s College (Chamarajanagar), (2nd Day) JSS High School, Gundlupet (3rd Day), JSS School, Saragur (4th Day), Jawaharlal Navodaya Vidyalaya, DMG Halli, Mysore, (5th Day), JSS School, Suttur (6th Day) and Government High School and PU College, Varuna on (7th Day). On all these days department of Anatomy had displayed various cadaveric specimens which were mainly included respiratory and cardiovascular systems to create basic awareness about human Anatomy along with the effect of airborne diseases, and adverse effect of smoking. We had displayed various human organs such as lungs, heart, brain, kidneys, etc. Head and neck sections were used to show the oral cavity and nasal cavity. Specimen of the liver, pancreas, spleen, duodenum, etc. were also displayed to sensitize about the gross organization of abdominal organs along with various diseases related to it. The visual and tactile experience of original specimens along with student interactions with the faculty had created an excellent platform. All these specimens/materials were used effectively to create interest and awareness in young minds towards medical science. Around 4000 students were participated in seven days whole exhibition program, they were belonging to various schools and colleges. The concerned teaching faculty members from various departments took a keen interest in inspiring their school students with original cadaveric specimens. All interactions were held in Kannada and English both the languages to facilitate active student participation.



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## Department of Anatomy

### Exhibition Programme Photos



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### **JSS Dental College and Hospital**

#### **Description of activities:**

##### **1. Vaccination awareness programme:-**

On 7<sup>th</sup> April 2021, NSS unit, JSS Dental college and Hospital, Mysuru conducted COVID Vaccine awareness programme at Suttur rural village in Karnataka. The programme was headed by Dr. Thippeswamy H.M. and Dr. Sunitha S. along with postgraduate student and NSS volunteers.

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 team was divided in three batches each batch consisting of three members. The main agenda was to spread awareness about the benefits of COVID vaccine. Pamphlets about the same were distributed among the villagers.

To spread the awareness to all the people, all the groups were went to individual houses of village. All the participants distributed the pamphlets and explained the people the importance and benefits of vaccination during this pandemic. People were trained about maintaining social distancing.

The programme was a big success.





## 2. World environmental day:-

Faculty of JSS Dental College and Hospital actively participated in World Environment Day 2021 which was observed on 9th June-2021. The programme was organized by NSS unit of JSS Dental College and Hospital. Saplings were distributed to general workers of the hospital and they were appraised about the importance of good environment, water and energy conservation. The programme was graced by Dr Ravindra S., Principal, Dr Chandrashekar B.R., Vice Principal, Dr Thippeswamy H.M., NSS Co-ordinator, Dr Maurya M., Lecturer, Dept. of Public Health Dentistry and attended by non teaching staff of the institution.







### 3. International Yoga Day:-

National Service Scheme (NSS) of JSS Academy of Higher Education & Research, Mysuru along with the constituent colleges celebrated **International Yoga day**.

### 4. Constitution day:-

Mass reading of the preamble to the constitution' was organized by NSS Unit, JSS Dental College and Hospital at 10.30 am on November 26th 2021, giving publicity and keeping COVID protocols in mind.

Dr Ravindra S, Principal and Dr Chandrashaker B.R., Vice Principal graced this occasion by reading the preamble to the constitution for all the students and also the web link was given for reading and to download the Certificate from Govt. of India.



#### 4. Women's Day

To empower and also to uphold the achievements of Women, JSS Dental College and hospital celebrated International Women's Day on 8<sup>th</sup> March 2022. On this day Mrs. Kalyani H, Stenographer, was recognized and felicitated for her 36 years of commitment to the institution. Dr Ravindra S, Principal, Dr. Chandrashekar B.R, Vice Principal and Dr. Dhakshaini M.R., Deputy Director (Authorities) graced the occasion as dignitaries. The cultural secretary, Dr. Aruna G. with the students organized various recreational events to make the event a memorable one. The event was attended all the women faculties of the institution with great zeal and enthusiasm.







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## 6. Dental screening and treatment camp at Adijambhava Higher Primary School:

Dental screening and treatment done at Adijambhava Higher Primary School on 24-02-2022. During the camp total 188 children were screened and 14 children were treated. Each and every child we have taught about oral health importance and maintenance.



## 7. Pediatric nutrition assessment and general checkup camp:-

Pediatric nutrition assessment and health checkup was done in Adijambhava Higher Primary School Mysore. Two pediatricians and NSS volunteers were participated in the programme. There were total 192 children were examined and assessed there nutritional status. Some of the children were referred to JSS medical college and hospital for further treatment.





### 8. Awareness programme related to harmful effects of tobacco consumption:-

National Service Scheme (NSS) of JSS dental college and hospital organized awareness programme about harmful effects of tobacco to Bramhapura village people. NSS volunteers and tobacco cessation centre member Dr Maurya M. went to each and every house distributed pamphlets and explained about the harmful effects of tobacco.



### 9. Republic Day Celebrations

NSS Volunteers with the other students of the constituent college actively participated in the celebration of Republic Day at JSS University Campus





## JSS College of Pharmacy, Mysuru

### Description of activities:

#### 1. World Environment Day

National Service Scheme (NSS) of JSSAHER, Mysuru along with the constituent colleges celebrated World environment day on 07<sup>th</sup> June 2021 by conducting "Selfie with my plant" competition. More than 100 volunteers participated in the competition. Best selfie photos were given certificates along with prize.



#### 2. International Yoga Day Report JSS University

National Service Scheme (NSS) of JSSAHER, Mysuru along with the constituent colleges celebrated international Yoga day on 21<sup>st</sup> June 2021 in the premises of JSS Suttur Mutt and others participated virtually .

Dr. Sujan M U, Assistant Professor, Department of Yoga demonstrated and taught the various ASANAS of yoga. About 100 faculty members of JSS AHER participated and learnt the various asanas.







### 3. Guru Purnima Celebrations

National Service Scheme (NSS) of JSSAHER, Mysuru along with the constituent colleges celebrated "Guru Purnima" on 24<sup>th</sup> July 2021 at Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru.

"Educational Institutions which offer knowledge are the real places of worship"

On the auspicious day of Guru Purnima, let us make an oath for our life to follow the steps of our Guru. Happy Guru Purnima! Guru Purnima as the name suggests is the day dedicated to our teachers and gurus. The day is celebrated by expressing gratitude and love for our teachers. The word guru comes from the two Sanskrit words 'gu'+ 'ru'. 'Gu' means ignorance or darkness and 'ru' means the removal of darkness. Gurus are named so because they remove the darkness from our lives by teaching us the right things and showing us the right path.

Dr. T.M. Pramod Kumar, Principal & Dean, JSSCPM and all the teaching faculty of JSS College of Pharmacy, Mysuru were present during the occasion.



#### 4. 75<sup>th</sup> Independence Day celebrations

JSSAHER along with the constituent colleges and NSS units celebrated the 75th Independence Day in the JSS Medical institutions campus.



#### 5. Health Screening Camp

NSS unit along with Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru, and Indian Pharmaceutical Association (IPA), Mysore Local Branch organized a Health Screening Camp on 15th December 2021 at three different locations Viz., Akashvani Circle, Kukarahalli Lake gate and Lalith Mahal Arch between 06.00 AM and 09.00 AM. The aim of the health screening camp was to sensitize the people about the importance of regular monitoring of health and safe use of medications. During the camp, interested public were screened for blood pressure and blood glucose levels. A total of 274 people were monitored for their blood pressure and blood glucose levels. At the time of monitoring, 86 people were found with elevated blood glucose level and 87 people were found with elevated levels of blood pressure. People who were identified with the elevated levels of blood pressure and blood glucose levels were advised on Non- Pharmacological management and suggested to consult physician for further diagnosis & treatment. We thank Principal, JSS College of Pharmacy, Mysuru, and IPA, Mysore Local Branch for their support and encouragement in organizing this camp.







## 6. Blood donation camp

NSS unit along with Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru, and Indian Pharmaceutical Association (IPA), Mysore Local Branch organized a Blood Donation Camp on 16th December 2022.

Blood donation is the most important social service to humankind. Blood donation at the right time can save millions of lives all over the world every year. "Blood: Costs nothing to you and is priceless to someone else." A Blood donation camp was organized on 16th December 2021 at JSS College of Pharmacy, Mysuru in association with Indian Pharmaceutical association (IPA), Mysuru branch, Mysuru on the occasion of 60th National Pharmacy Week Celebrations. The program was inaugurated by Mr. L R Mahadevaswamy, Chairman, Zoo Authority of Karnataka (ZAK), Mysuru.

Dr. T.M. Pramod Kumar, President IPA, Mysuru branch & Principal, JSS College of Pharmacy, Mysuru, Dr. Pallavi, Blood Bank Officer, JSS Hospital, Mysuru, Dr. G V Pujar, Vice Principal, JSS College of Pharmacy, Mysuru, Ms. Divyashree B, Assistant Administrative Officer, Dr. Umesh M, Coordinator of Blood donation camp, Dr. B M Gurupadayya, Treasurer, IPA Mysuru branch, Dr. Chandan R S, Honorary Secretary, IPA Mysuru branch, Dr. K L Krishna, NSS Program Coordinator, JSS AHER, Mysuru, Dr. M P Gowrav, NSS Program Officer were present during the event.

More than 100 students and staff registered and screened for their eligibility to donate the blood through their blood pressure, weight, blood group matching and other procedures. The eligible volunteers were selected for blood donation and the program lasted up to 01:00 PM in the afternoon with a total of 51 units of successful blood donation from the student and staff volunteers.







## 7. Republic Day Celebrations

NSS Volunteers with the other students of the constituent college actively participated in the celebration of Republic Day at JSS University Campus.

## 8. Women's Day Celebrations

National Service Scheme (NSS) unit of JSS College of Pharmacy, Mysuru celebrated International Women's day on 09 March 2022. Every year March 8 marks International Women's Day across the world. The day is dedicated to honor 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, Dr. M.N. Suma, Vice-Principal, JSS Medical College, Dr. H S Mamatha, Coordinator, Dept of HSMS, teaching staff, Office staff, Non-teaching and House keeping



staff were present during the occasion.





## **JSS College of Pharmacy, Ooty**

### **Description of activities:**

#### **9. International Yoga day**

International yoga day was conducted to create awareness among all in the college. It was programmed along with BNYS students of JSS INYS and various slogans and placards were also displayed.



#### **10. Out Reach program at adopted village:**

Outreach program was conducted at the adopted village at Nedugalcombai and Veeracombai by the NSS volunteers from JSSCP, Ooty.



#### **11. Independence day celebration**

Independence day was celebrated at the college campus. Flag hoisting was by NSS Program officer.







## 12. Orientation program for NSS volunteers:

The Orientation program for the newly joined NSS volunteers was been provided. About NSS its activity were been presented to the newly volunteers.



## 13. NSS day:

The NSS day was celebrated. Personality development program was conducted for the NSS volunteers an lecturer was delivered on "Leadership motivation program". About 50 NSS volunteers participated online.

## 14. World pharmacist day:

World Pharmacist day celebrated at the college and formed the pharmacist symbol along with the teachers.

## 15. Blood donation camp:

Conducted blood donation camp in association Government headquarters hospital Ootacamund. 30 units of blood was donated by the volunteers.

## 16. Republic day celebration:

Celebrated 75<sup>th</sup> Republic day. Mr Basavalingadevaru AO of the college was the chief guest of the day. Flag hoisting, speech and patriotic song by volunteers and sweet distribution were the events of the day.







## University Department, JSS AHER, Mysuru

NSS Orientation Day at JSS AHER NSS Orientation Day (Online Mode) for the newly enrolled student volunteers of NSS Unit of JSS AHER Departments was organized on 3rd December 2021. Dr. B. Chandrashekara, Director of NSS Empanelled Training Institute, University of Mysore was present as the Chief Guest of the event which was presided over by Dr. P.A. Kushalappa, Director (Academics) of JSS Academy of Higher Education & Research. Prof. K.A. Raveesha, Dean, Faculty of Life Sciences & Natural Sciences, Dr. K.L. Krishna, NSS Program Coordinator, JSS AHER, Dr. Mamatha H.K, Coordinator, Dept. of Health System Management Studies were present alongside as the guests of honor. Left pane: Dr. B Chandrashekara, Director, NSS-ETI, Dr. PA. Kushalappa, Director (Academics), Dr. K.A. Raveesha, Dean, Faculty of Life Sciences and Natural Sciences, Dr. K.L Krishna, NSS Program Coordinator, Dr. Mamatha H.K, Coordinator, Dept. of Health System Management Studies. Right pane: Mr. Revanth HC, Ms. Ananya, Ms. Spoorthi, NSS Volunteers, Dr. Raghu Ram Achar, NSS Program Officer, Dr. Vadiraj. KT., Assistant Program Officer, Dr. Sushma BV member of the NSS advisory committee. Dr. Raghu Ram Achar, NSS Programme Officer of the Unit, presented the Report of the activities and highlighted on the key achievements and milestones achieved by the unit in the form of participation at Republic Day parade, National Integration Camps, Indian Youth Delegation to China, and many more. Dr. K.A. Raveesha in his opening remarks gave a call for students to participate and make the best utilization of the platform provided in the form of NSS. He recalled his days of volunteering during the BSc and conveyed it to the volunteers the essence of the experience School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC gained has helped him ever since. Speaking on this occasion, Dr. K.L Krishna, NSS Programme Coordinator, JSS AHER highlighted the key features and objectives of NSS. Addressing the students, the Chief Guest Dr. B Chandrashekara emphasized on participation with academic knowledge based societal action and appreciated the initiative taken by JSS AHER in adding a meaningful dimension to the NSS initiatives. He opined that the three dimensions of the process of overall development is through academics, research, and outreach/extension activities. The fulfilment of the learning process specially as being emphasized by NEP has to take place with the initiatives taken to achieve link between the learner and the society. He



insisted on NSS becoming an important platform for students to think how they can apply their discipline knowledge towards societal cause and also clarified that NSS should not necessarily be considered only as Shramadaan program as NSS involves not only physical strength but also the intellectual strength. In the presidential address, Dr. P.A. Kushalappa, Director (Academics) asserted that the students can play a crucial role of educating the society especially during the times of pandemic with many variants coming up. He appreciated that the community service brought about through organizations like NSS, NCC, Scouts & Guides, help the overall development of the student. He encouraged students to engage actively so as to develop the personality and enable the problem solving attitude which is very essential to be a good citizen. More than 120 student volunteers were inducted during the orientation with NSS Pledge administered by Dr. Mamatha HK in the presence of the dignitaries. The event was compered by Mr. Revanth, NSS Volunteer. Dr. Sushma BV gave the welcome address. Ms. Ananya and Ms. Spoorthi, NSS volunteers rendered the invocation and NSS song respectively. Dr. Vadiraj K.T. proposed vote of thanks. School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC Yuva Saptah Event at JSS AHER A special talk on Entrepreneurship for Youth as a part of Yuva Saptah was organized for the student volunteers of NSS Unit of JSS AHER Departments on 14th January 2022. Sri Praveen Kumar S, CEO and Head-Education, SVYM was present as the Chief Guest of the event which was presided over by Prof. K.A. Raveesha, Dean, Faculty of Life Sciences & Natural Sciences, alongside Dr. K.L. Krishna, NSS Program Coordinator, JSS AHER, Dr. Raghu Ram Achar, NSS Programme Officer, Dr. Vadiraj. KT., Assistant Program Officer Right pane: Mr. Praveen Kumar S, CEO and Head Education, SVYM; Left pane: Dr. K.A. Raveesha, Dean, Faculty of Life Sciences and Natural Sciences, Dr. K.L Krishna, NSS Program Coordinator, Dr. Raghu Ram Achar, NSS Program Officer, Dr. Vadiraj. KT., Assistant Program Officer In his talk, Sri Praveen Kumar spoke on the avenues to take up entrepreneurship at the social front by solving real problems existing and called upon youth to do voluntary services to understand the ground realities of the society. The opening remarks were provided by Prof. KA. Raveesha, Closing remarks by Dr. KL Krishna. The event was moderated by Dr. Raghu Ram Achar. Vote of thanks was proposed by Dr. Vadiraj KT. School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher



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**NSS SPECIAL CAMPING ACTIVITIES FROM NSS UNITS FOR THE YEAR 2021-22**

**JSS Medical College, Mysuru**

**NSS ANNUAL SPECIAL CAMP 14-03-2022 TO 20-03-2022**

NSS unit of JSS Medical College had organized an annual special camp from 14<sup>th</sup> to-20<sup>th</sup> of March 2022 at Naguvanahalli Gram Panchayat limits, Srirangapattana Taluk, Mandya district. Free health screening and treatment camp was conducted as part of the NSS annual special camp. The camp was organized under the supervision of NSS Programme Officer Dr. Bharath T., and Dr. MV Ravishankar, Assistant NSS Programme Officer from JSS Medical College, Mysuru. The medical camp was conducted in Naguvanahalli Gram Panchayat jurisdiction covering 7 villages i.e., Naguvanahalli, Bhramapura, Bommuru Agrahara, Chandagalu, Belawadi, Naguvanahalli Ambedkar Colony and Rajiv Gandhi Nagar. The camp was conducted in one village each day.

On 14<sup>th</sup> March 2022 camp activities began with an inauguration ceremony which was presided by Smt. Suma S, President Gram Panchayat, Naguvanahalli. The camp was inaugurated by lighting a lamp. The programme was attended by members and officials of Gram Panchayat. Mr. S.R. Sathish Chandra, Chief Administrative Officer of JSS Medical College, was the chief guest of the inaugural ceremony. Mr. S.R.Sathish Chandra addressed the vast gathering by underscoring the importance of such free medical health camps and advised villagers to take the benefit of doorstep services. He also encouraged and appreciated the active and voluntary participation of medical students under NSS activity and insisted the budding doctors make up their minds in the future to serve the bottom billion unprivileged rural population in the society.

The medical health camp team had involved volunteers for different medical counters. Services were offered by a General Physician, Obstetrician & Gynaecologist, and a Paediatrician from JSS Hospital, Mysuru. There were different counters for recording the blood pressure (BP), testing capillary blood glucose (Blood Sugar), recording electrocardiogram (ECG); and one pharmacy counter was set up to dispense free medicine for all the patients who were prescribed medication by the concerned doctors. About 903 patients benefitted from the services offered during the free medical health camp series; it mainly included a large number of children, women, and old-aged population. ECG was recorded on 58 patients, blood sugar (CBG) was tested in 480 patients, and free drugs were distributed to 528 patients. All these adjuvant services along with the patient registration counter were effectively managed by 50 NSS volunteer medical students from JSS Medical College, who were actively and tirelessly involved in assisting these counters for all 7 days throughout the conduct of the camp.

Along with this, the students took the initiative to spread awareness about the issues of importance such as nutrition, Covid 19 and menstrual hygiene, etc. A small group of students went door to door, covering most of the houses of the village to create awareness and impart knowledge to the families through posters, flyers, etc. Students discussed with the villagers to ascertain the myths and truths. Students visited different schools to spread awareness on health and hygiene. The



residents of the village and school students were extremely receptive to the information being given to them.

On the seventh day of the camp i.e., 20 March 2022, a valedictory ceremony was held at Naguvanahalli Ambedkar Colony, Naguvanahalli Village. The ceremony was honoured by the presence of the respected President, Vice-President, Panchayat Development Officer, and members of the Gram Panchayat, Naguvanahalli. Final remarks regarding the whole programme were passed by Vice-Principal of JSS Dental College, Dr. Chandrashekhar B.R., and NSS Programme Officer Dr. Bharath T. Some of the student volunteers expressed their experience about the programme. On behalf of large number of beneficiaries of the village, a member of the concerned Gram Panchayat overwhelmingly expressed gratitude towards outstanding services rendered through the NSS scheme.

NSS unit officer Dr. Bharath T. delivered the valedictory speech. He expressed his delight on the success of the camp in providing the volunteers with an invaluable learning experience and thanked the various dignitaries who ensured the proficient functioning of the camp. The programme ended by delivering vote of thanks by expressing heartfelt gratitude for all participants, volunteers, organizers, and office bearers of Naguvanahalli Gram Panchayat, Srirangapattana Taluk, Mandya district, who made this event a grand success.







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Valedictory function





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JSS Dental College & Hospital, Mysuru

### Programme list

Day/Date	Morning session (09:00 am to 01:00 pm)	Afternoon session (03:00 pm to 05:30 pm)
<b>14/03/2022</b> <b>Monday</b>	Inauguration & free dental health checkup Free Dental Health check up (Screening) for the locals and school children in Naguvanahalli	Educative lecture on Maintenance of good oral hygiene. Distribution of Pamphlets emphasizing the need to maintain oral hygiene
<b>15/03/2020</b> <b>Tuesday</b>	Free Dental Health check up and treatment camp for School Children at a government school , Bramhapura	Guest lecture on "Harmful Effects of Tobacco Consumption " by <b>Dr Maurya M</b> , Lecturer , Department of Public Health Dentistry, JSSDCH
<b>16/03/2022</b> <b>Wednesday</b>	Free Dental health checkup and treatment camp for the locals and school children in a government school , Bommuru, Agrahara	Free Health Check-up camp by JSS medical College &Hospital doctors and Distribution of free medicines.
<b>17/03/2022</b> <b>Thursday</b>	Free Dental health checkup and treatment camp for the locals and school children in a government school , Chandgal	Free Health Check-up camp by JSS medical College &Hospital doctors and Distribution of free medicines
<b>18/03/2022</b> <b>Friday</b>	Free Dental health checkup and treatment camp for the locals and school children in a government school , Belavadi	Awareness towards Maintenance of oral health and Good Health for the Locals and school children.
<b>19/03/2022</b> <b>Saturday</b>	Free Dental health checkup and treatment camp for the locals and school children in a government school, Naguvanahalli, Rajivgandhinagara	Free Health Check-up camp by JSS medical College &Hospital doctors and Distribution of free medicines
<b>20/03/2022</b> <b>Sunday</b>	<b>Valedictory Function</b>	

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**Programme Outcomes**

Day /Date	Name of the programme	Number of beneficiaries	Approximate outcome of the programme
<b>14/03/2022 Monday</b>	Free Dental Health check up and treatment for the locals and school children, Naguvanahalli	<b>300</b>	<b>20,000.00</b>
<b>15/03/2020 Tuesday</b>	Free Dental Health check up and treatment camp for School Children at a government school , Bramhapura	<b>100</b>	<b>10,000.00</b>
<b>16/03/2022 Wednesday</b>	Free Dental health checkup and treatment and medical health checkup and treatment camp for the locals and school children in a government school , Bommuru, Agrahara	<b>250</b>	<b>25,000.00</b>
<b>17/03/2022 Thursday</b>	Free Dental health checkup and treatment and medical health checkup and treatment camp for the locals and school children in a government school Chandgal,	<b>200</b>	<b>20,000.00</b>
<b>18/03/2022 Friday</b>	Free Dental health checkup and treatment and medical health checkup and treatment camp for the locals and school children in a government school , Belavadi	<b>200</b>	<b>35,000.00</b>
<b>19/03/2022 Saturday</b>	Free Dental health checkup and treatment camp for the locals and school children in a government school, Naguvanahalli, Rajivgandhinagara	<b>150</b>	<b>20,000.00</b>
<b>Total</b>		<b>2,000</b>	<b>1,30,000.00</b>





## **NSS Day Wise Detailed Narrative Report, Scanned Copies of the News Paper Reports and Action Photos**

### **NSS Annual Camp detailed report**

#### **Day 1:**

NSS Annual camp began at **Naganahalli** village, Mysuru taluk on **14/03/2022**. This camp was organized by the NSS unit of JSS Dental College and Hospital under the guidance of the NSS Programme Officer, **Dr Thippeswamy H.M.** and **Dr Avinash B.S.** (Assistant NSS Programme officer). The inauguration was held at centre circle on the village at around 10:00 am.

NSS Annual camp programme started with an invocation Song. The program was presided by our beloved Principal **Dr. Ravindra S**, J.S.S. Dental College And Hospital, **Gram Panchayat Members. Dr.Thippeswamy H.M., addressed** the villagers to participate actively in large numbers in all the programs scheduled to be conducted from 14-03-2022 to 19-03-2022 and make the best use of the camp. He also encouraged the volunteers to utilize this opportunity to help all the villagers and to gather knowledge on how to serve the poor and needy people of the village. He also memorized the support and encouragement in organizing the camp. He thanked all the dignitaries and guests for their esteemed presence.

After inaugurating the programme, dental screening of villagers began and large number of them presented themselves to the camp. Oral hygiene instructions were given simultaneously with the help of model. Importance of tobacco cessation and oral hygiene maintenance was verbally informed door to door utilising pamphlets and posters. A large number of extractions and scaling was carried out in the mobile dental van. To villager's relief, the medicines too were provided alongside. Referral cards were given to those villagers who needed intensive treatment and were referred to JSS Dental College and Hospital, Mysuru. The days working was concluded with delicious lunch.





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## Day 2:

On the **15<sup>th</sup> of March** the camp was held at government school in **Bramhapura**. The screening was done by few volunteers of NSS camp in the school and the dental treatment was done in the mobile dental van. The main objective was to improve the oral health of the rural community, and also to provide preventive, educative, wellness and health awareness programs. To mention few awareness programmes like to maintain good oral hygiene, proper brushing techniques, harmful effects of tobacco chewing. And few volunteers of NSS visited individual house of the village and distributed pamphlets which clearly gave the instinct of oral hygiene. The treatments like GIC restorations, extraction, scaling were done. To receive additional treatments referral cards were given and were referred to **Jss Dental College And Hospital Mysuru**. Many people including school children received the treatment in mobile dental van. Emphasis was given to the oral hygiene instructions and brushing technique demonstrated by **Dr Maurya M.**





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## Day 3:

On **16-03-2022**, the NSS Annual Camp was held in **Bommuru Agrahara**. Dental screening and treatment was carried out among villagers and the government school children. Oral hygiene instructions and importance of tobacco cessation was imparted by few volunteers by meeting the villagers individually with the help of pamphlets. Extractions, scaling and filling of the decayed teeth was performed in the mobile dental van.

A free General Health Check-up Camp was organized by JSS Medical College & Hospital.

The team included a Gynecologist, physician and pediatrician. Treatment was provided from pediatrics to geriatrics. Thus, a complete dental and medical examination was benefitted by the villagers.



**Day 4:**

On the 17<sup>th</sup> of March, the NSS camp was conducted in the **Government school, Chandagalu**. We had full cooperation from people as they were eager to know how the dental treatment would be; the children of the school were much enthusiastic. The awareness on how the dental disease would lead to systemic illness was given to the people of the village, such as on how diabetes reduces body's resistance to infection, making gums more susceptible to infection which can adversely affect blood sugar. The treatment such as restorations, extraction, and scaling were carried out. The people of the village were happy as they were benefitted by the treatment. Alongside the dental treatment, free medical tests like **blood sugar, blood pressure and electrocardiogram** were also performed by the volunteers of **JSS Medical College and Hospital**.

**Day 5:**

On 18-03-2022, the camp took place at **Government school of Belawadi** village, Mysuru taluk. **Dental screening** and free **general health check-up** (including **Paediatrician** and **Gynaecologist**) were given to all the children and the people of **Belawadi**. Extraction and scaling were done in the mobile dental van. Free medical tests like **blood sugar, blood pressure and electrocardiogram** were also performed by the volunteers of **JSS Medical College and Hospital**. Oral hygiene Awareness, Environment protection was given to people by visiting every houses of the village.





Refreshments for all the volunteers were provided by the villagers. It was enriching experience talking to the people and children whose selfless and helpful nature changed our perspectives and made us think about the way of living life.



**Day 6:**

On 19<sup>th</sup> of March was the last day of the camp. Valedictory function was organised at **Government school** Naganahalli, Rajeevgandhinagar. Large number villagers including students of primary school, high school and college students underwent dental screening and treatment. The chief guest of valedictory function, **Dr Chandrasekhar** addressed the gram Panchayat members and people. He thanked all the people of the village and the members of the committee for their cooperation through the week. **Dr.Thippeswamy** gave the brief details of the treatment that was done through the week and how people benefitted by it. The members of gram Panchayat appreciated all the doctors who have worked. The entire NSS CAMP was a successful one as people were satisfied with the treatment and even the doctors got more exposure of treatment on screening more number of people.







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### JSS College of Pharmacy, Mysuru

#### Programme list

Day/Date	Morning session (09:00 am to 02:00 pm)	Afternoon session (05:00pm to 08:00 pm)
24/03/2022 Thursday	<b>Inauguration</b>	
25/03/2022 Friday	<ul style="list-style-type: none"><li>Health Screening Camp by Dept of Pharmacy Practice, JSS College of Pharmacy, Mysuru</li><li>Nutrition Assessment and counselling by Dept of Nutrition and Dietetics, JSSAHER</li></ul>	AIDS Awareness and Poison information center information and guest lecture by Dr. Umesh, Dept of Pharmacy Practice, JSS College of Pharmacy, Mysuru followed by cultural events.
26/03/2022 Saturday	<ul style="list-style-type: none"><li>Health Screening Camp by Dept of Pharmacy Practice, JSS College of Pharmacy, Mysuru</li><li>Nutrition Assessment and counselling by Dept of Nutrition and Dietetics, JSSAHER</li><li>Ayurvedic health screening camp and treatment by JSS Ayurvedic Medical College &amp; Hospital, Mysuru</li></ul>	<ul style="list-style-type: none"><li>Guest Lecture by Dr. Shilpa Palaksha on Menstrual hygiene and Nutrition for women's health.</li><li>Guest lecture by Prof Bheemraj Hiremath, Dept of FLS, JSSAHER on "Laughter within us" followed by cultural events.</li></ul>
27/03/2022 Sunday	<ul style="list-style-type: none"><li>Health Screening Camp by Dept of Pharmacy Practice, JSS College of Pharmacy, Mysuru</li><li>Nutrition Assessment and counselling by Dept of Nutrition and Dietetics, JSSAHER</li><li>Plantation and Swacchta Program</li></ul>	Guest Lecture by Mr. Asif Hussain on "Soil and Water Conservation" followed by cultural events.
28/03/2022 Monday	<ul style="list-style-type: none"><li>Health Screening Camp by Dept of Pharmacy</li></ul>	Guest Lecture by Dr. Juny Sebastian on Polycystic ovarian

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	<p>Practice, JSS College of Pharmacy, Mysuru</p> <ul style="list-style-type: none"><li>• Nutrition Assessment and counselling by Dept of Nutrition and Dietetics, JSSAHER</li><li>• Free Dental Camp by JSS Dental College &amp; Hospital, Mysuru</li></ul>	<p>syndrome and Cervical cancer and it's prevention followed by cultural events.</p>
<b>29/03/2022 Tuesday</b>	<ul style="list-style-type: none"><li>• Health Screening Camp by Dept of Pharmacy Practice, JSS College of Pharmacy, Mysuru</li><li>• Nutrition Assessment and counselling by Dept of Nutrition and Dietetics, JSSAHER</li><li>• Free eye camp and treatment by Annapoorneswari Hospital, Mysuru</li></ul>	<ul style="list-style-type: none"><li>• TB awareness campaign followed by Cultural events.</li><li>• Shibira Jyothi</li></ul>
<b>30/03/2022 Wednesday</b>	<b>Library Inauguration in Govt. Primary School, Majjigepura and Valedictory Function</b>	



## **NSS Day Wise Detailed Narrative Report, Scanned Copies of the News Paper Reports and Action Photos**

### **Day 1**

**Day 1, Thursday 24/03/2022**, the most awaited NSS Special Camp was started with the theme of **"Healthy India"**. Around 60 NSS volunteers of our college were eagerly waiting to depart to the camp site boarded the bus at 10.30 am along with NSS Camp Officer, **Dr. M.P. Gowrav**, Assistant Camp Officer **Dr. M. Umesh**. Everyone dropped their luggages at the Sri Lakshmi Narayana temple premises, Majjigepura, Belagola Hobli where the accommodation was arranged for all the NSS volunteers. Inauguration of the NSS Annual Special Camp 2021-22 was scheduled at 5.30PM at Sri Lakshmi Narayana temple premises, Majjigepura, Belagola Hobli, Shrirangapattana taluk of Mandya District.

NSS Special Camp 2021-22 programme started with the invocation Song. The program was presided by our beloved Principal **Dr. T.M. Pramod Kumar**, J.S.S. College of Pharmacy, Mysuru. **Mr. Chethan of Final B.Pharm** welcomed the dignitaries and guests on the Diaz. NSS Special Annual Camp-2021-22 was inaugurated by **Smt. Susheela, President, Hulikere Grama Panchyathi**, **Dr. G.V. Pujar, Vice-Principal, JSSCPM**, **Dr. H.V. Gangadharappa**, Ex-Programme Coordinator, JSS AHER, **Dr. Mamatha**, HOD, HSMS, JSS AHER and other members of the village and other guests of Hulikere on the Diaz inaugurated the camp by watering the plant.

**Dr. T.M. Pramod Kumar**, addressed the villagers, asking the villagers to participate actively in large numbers in all the programs scheduled to be conducted from 24-03-2022 to 30-03-2022 and make best use of the camp. He also encouraged the volunteers to utilize this opportunity to help all the villagers, to have a clear exposure to the life in a village and to gather knowledge on how to serve the poor and needy people of the village. **Vote of thanks** was proposed by **Dr. M.P. Gowrav**, he memorized the support and encouragement in organizing the said camp. He thanked all the dignitaries and guests for their esteemed presence.

After the inauguration function, everyone moved towards the temple convention hall and had dinner at 8:30 PM followed by meeting with the NSS officers in order to discuss about next day's programs, Grouping of all the NSS Volunteers, Assigning each group of volunteers to carry out various activities assigned to the individual group and Volunteers then wrote the NSS diary before going to bed.







## Day 2

**On Friday Day 2, 25/03/2022**, all the volunteers woke up at 6 am and attended the NSS Flag Hoisting programme organized by group I. Exercises were performed for 30 min followed by the flag hoisting by **Sri. Prabhakar**, Villager from Majjigepura. After taking bath, all the volunteers had the breakfast arranged by group II. Morning session (9:00 a.m. to 1:00 p.m) started with the Health screening camp by Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru and Nutrition assessment and counselling by Dept of FLS, JSSAHER. The aim of the health screening camp was to sensitize the people about the importance of regular monitoring of health and safe use of medications. During the camp, interested public were screened for blood pressure and blood glucose levels. A total of 274 people were monitored for their blood pressure and blood glucose levels. At the time of monitoring, 86 people were found with elevated blood glucose level and 87 people were found with elevated levels of blood pressure. People who were identified with the elevated levels of blood pressure and blood glucose levels were advised on Non- Pharmacological management and suggested to consult physician for further diagnosis & treatment. After the health screening all the volunteers moved to the hall where the accommodation was arranged and had a very good lunch organized by group II. All the NSS volunteers took rest for 2 hours and was informed to make arrangements for evening session.

The program started at 05:00 PM in the evening with the invocation song by Ms. Shobhitha and group and the welcome speech was given by Mr. Chandrashekar. Awareness program on AIDS was campaigned door to door by our NSS Volunteers explaining the prevention of HIV AND AIDS. After this cultural program were performed by our volunteers. Then volunteers returned to the venue for dinner arranged by group II. After the dinner there was a meeting to review the day's programme and next day's programme was planned and wrote the dairy and went to sleep at 10:30 PM.





## Day 3

On Saturday Day 3, 26/03/2022, all the volunteers were made to wake up at 6 am and attend the flag hoisting programme at 06:30 AM organized by group V and exercises were performed for 30 mins. Followed by this, as usual everyone had breakfast after taking bath. Breakfast arrangement was made by group III. After the breakfast at 8.30 am all the volunteers went to venue of the camp, i.e. Hulikere Grama Panchayath office for the morning session organized by group II i.e. Morning Session program was scheduled as Ayurvedic medical check up and around 200 villagers had free ayurvedic check-up and free medications were distributed to all the villagers. Check-up camp organized by JSS Ayurveda College and Hospital, Mysuru.

Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru organized free health screening camp such as Blood glucose and blood pressure monitoring. About 200 people were monitored and examined and Nutrition assessment and counselling was done by Dept of FLS, JSSAHER.

After the Ayurveda and health screening camp all the NSS Volunteers had lunch organized by group III and took rest for 2 hours and after having tea at 4 PM. The program started at 05:00 PM in the evening with the invocation song by **Ms. Roopashree** and group and the welcome speech was given by **Mr. Rahul KR.** An guest lecture was delivered by **Ms. Shilpa Palaksha**, Dept of Pharmacy Practice, JSS College of Pharmacy, Mysuru on **Menstrual hygiene and Nutrition for women's health.** The said faculty had a nice interaction with villagers returned to the venue for dinner arranged by group II. After the dinner there was a meeting to review the day's programme and next day's programme was planned and wrote the dairy and went to sleep at 10:30 PM.







## Day 4

**Day 4, Sunday 27/03/2022**, all the volunteers woke up at 6 am and attended the NSS Flag Hoisting programme organized by group I. Exercises were performed for 30 min followed by the flag hoisting by **Mrs. Shymala**, Villager. After taking bath, all the volunteers had the breakfast arranged by group IV.

Shramadhan- Cleaning of temple premises and nearby locations of villages by our NSS Volunteers. Planting of saplings in the village and watering of plants for rest of the days until the camp. Swacchata program was organized in the nearby villages where our students divided in groups where they educated the villagers about free from open defecation, maintaining personal hygiene and consumption of rain water or warm water during summer. About 250 plants were planted and watered. After the planting and cleaning, all the volunteers moved to the hall where the accommodation was arranged and had a very good lunch organized by group II. All the NSS volunteers took rest for 2 hours and was informed to make arrangements for evening session.

In the evening around 05:00 P.M. a guest lecture was delivered by Mr. Asif on "Conservation of Soil and water resources" by playing some videos on methods of ground water conservation and recharging of bore wells. Volunteers mobilized a huge crowd and the programme was a grand success. The program ended with the vote of thanks given by Ms. Shreya. The said faculty had a nice interaction with NSS volunteers with lots of happiness of success followed by cultural programmes.

After that volunteers came back got ready and had a delightful dinner arranged by group IV and this became the most memorable day and all the NSS Volunteers sung and danced and enjoyed to the maximum and it was followed by the meeting where the present day progress and future programmes were discussed the volunteer diary was written and all the volunteers went back to the bed.



## Day 5

**Day 5, Monday 28/03/2022**, all the volunteers were made to wake up at 6 am and attend the flag hoisting programme at 06:30 AM organized by group IV and exercises were performed for 30 mins. Followed by this, as usual everyone had breakfast after taking bath. Breakfast arrangement was made by group I. After the breakfast at 8.30 am all the volunteers went to venue of the camp for the morning session organized by group II.

JSS Dental college and hospital, Mysuru conducted dental camp. Around 150 school children and 150 villagers were treated for teeth problems like dental carries, tooth pain, tooth extraction and tooth filling treatments were done and all the patients were distributed with the free medications provided by Colgate Company.

Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru organized free health screening camp such as Blood glucose and blood pressure monitoring. About 200 people were monitored and examined and Nutrition assessment and counselling was done by Dept of FLS, JSSAHER.

After finishing morning program all the NSS camp volunteers headed back to venue and had lunch organized by group V and took rest for some time and went back to organize the evening programme. The program started at 05:30 PM in the evening by invocation song. An guest lecture





was organized by Dr. Juny Sebastian, Asst. Professor, Dept of Pharmacy Practice, JSS College of Pharmacy on Polycystic ovarian syndrome and Cervical cancer and its prevention. This evening programme was organized by group II. Volunteers mobilized a huge crowd and the programme was a grand success. The program ended with the vote of thanks given by Ms. Satvika. The said faculty had a nice interaction with NSS volunteers with lots of happiness of success the volunteers returned to the venue for dinner arranged by group V. After the dinner there was a meeting to review the day's programme and next day's programme was planned and wrote the diary and went to sleep at 10:30 PM.



### Day 6

**Day 6, Saturday, 29/03/2022** the day began with the flag hoisting by Sri Rajendra, villager and it was organized by group III at morning 6:30am. After a couple of minutes of yoga and stretching exercises everyone went back to their rooms and got ready quickly and had a cup of tea at 7:30am and all the volunteers started towards to organize morning programmes.

Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru organized free health screening camp such as Blood glucose and blood pressure monitoring. About 200 people were monitored and examined and Nutrition assessment and counselling was done by Dept of FLS, JSSAHER.

Eye check up camp was conducted (from 9 am to 1 pm) by Annapoorneswari Hospital, Mysore. Eye check up was done for around 200 villagers were carried out. The villagers showed very good response and all the villagers appreciated the NSS unit of JSS College of Pharmacy for organizing the Eye check-up camp and thanked the Doctors whole heartedly. Around 20 Villagers underwent eye testing and were suggested for cataract operation and were dispensed with free medications provided by the JSS Drug Centre, JSS Hospital, Mysore.

After finishing morning program all the NSS camp volunteers headed back to venue and had lunch organized by group IV and took rest for some time and went back to organize the evening programme. The program started at 05:30 PM in the evening with the invocation song by Mr. Kiran and group and the welcome speech was given by Mr. Sujan Gowda. The evening program was on creating awareness and educating the village people about "TB Prevention and treatment" by **Dr. M. Umesh**, Assistant Professor, JSS AHER Mysuru. There was a good crowd and the programme was



a huge success. The program ended with the vote of thanks given by **Mr. Karthik Pujar**. The said faculty had a nice interaction with NSS volunteers and encouraged them to contribute to society as much as possible and they also complimented the volunteers for very systematic arrangement of camp and programmes. Teachers wished the volunteers all the best and also distributed sweets which they brought to the volunteers.

After the programme the volunteers came back got ready and had a delightful dinner arranged by group IV and this became the most memorable day and all the NSS Volunteers sung and danced and enjoyed to the maximum and it was followed by the meeting where the present day progress and future programmes were discussed the volunteer dairy was written and all the volunteers went back to the bed.



### Day 7

**On the last day, 30/03/2022 valedictory function** was organised at Sri Lakshmi Narayana Swamy temple Hall. After the breakfast all the groups started their assignments of packing, cleaning, venue preparation etc., The programme started with the NSS Song as invocation song. Invocation was by NSS Volunteers **Ms. Varshini** and team. **Dr. M.P. Gowrav** welcomed the guests. NSS officer Dr. M.P. Gowrav presented the NSS Camp report in front of the dignitaries on the Dias with few highlights of the camp like Plantation of saplings in the temple premises, medical camp, dental camp and ayurvedic camp. **Dr. T.M. Pramod Kumar, Principal, JSS College of Pharmacy, Mysuru** of our college, presided over the function and Dr. K.L. Krishna, NSS Coordinator, JSS AHER, Mysuru was the guest of honor. **Mr. Manjunath, Grama Panchyath Member and Ms. Susheela, President, Hulikere Grama Panchyath** were invited as Chief guests and were present on the Dias. **Dr. Raghuram achar** proposed the valedictory speech. Apart from these dignitaries, Colleagues, Programme Co-ordinator of JSS AHER, were present in the function which made the function more colourful and cheerful.

Library of the Government Primary school of Majjigepura was inaugurated by Dr. T.M. Pramod Kumar, where about books and racks worth around 30,000 was donated by JSS College of Pharmacy, Mysuru.





Sri. Chennegowdru, yajamanru wished all the best for the NSS Volunteers for their future endeavors and was very happy with various programs which were conducted in the 07 days camp and also wished everyone and asked to conduct the camp once again in the village and to serve the villagers. He also told the youth to actively participate in social activities. **Dr. Balasubramanian, Director-Research, JSS AHER** and **Dr. Ravish, HoD, FLS, JSS AHER** appreciated all the activities which were organized and conducted by the NSS special camp held for 07 days at village and congratulated all the volunteers for more actively involving and providing various services to the villagers. Best NSS Volunteer awards were given to Mr. Sagar Solanki, III B.Pharm, Ms. Kavana, III B.Pharm and Mr. Nikhil S Jain, II B.Pharm. Vote of thanks was given by Mr. Jaidev Kumar. At last the students unwillingly packed their luggages and headed back to the college with life time memories.





## JSS College of Pharmacy, Ooty

### Programme list

Day/Date	Morning session	Afternoon session
<b>22/03/2022</b> <b>Thursday</b>	Inauguration	After the Inaugural function, brief explanation was given about the next five day routine. After lunch, the volunteers cleaned their accommodation premises. Volunteers were split into two groups and one group were cleaning the roads of the village and one group involved in the cleaning of path for temple. After refreshments, the Volunteers had an interactive session with the village people and female volunteers were involved in the cooking. The volunteers had their dinner and retired to bed.
<b>23/03/2022</b> <b>Friday</b>	The day started with some physical activity and after having the breakfast, there was a small awareness program conducted in the village for the women on the topic "Capacity Building for Menstrual Hygiene Management Among Adolescent School Girls including Tribes". We had Dr. Deepalakshmi addressing the girls and women about the Menstrual Hygiene and Menstrual Hygiene kits including sanitary	After lunch, the volunteers were split into two groups, were one group was involved in cleaning the temple and places around it and the other group were involved in the school campus cleaning. After refreshments, with the help of the local guide, the unit was taken to view point (trekking) and it had a breathtaking view.





	napkins, ketoconazole soap, sanitizer and Handwash were distributed to all the women	Meanwhile the dinner was ready the unit had the dinner and hit the bed.
<b>24/03/2022</b> <b>Saturday</b>	The day started with the activity of cleaning the places of Doddabetta as part of conserving the Nilgiris greenery. With the guidance of the forest officials, the unit was split into two groups and the cleaning process started and the volunteers were actively involved in making the place free of plastics.	After the lunch, the volunteers had taken rest for while and by 3:00 pm, the unit resumed their work and till 5:00 pm, they cleaned the forest areas of Doddabetta. After the refreshments, the unit visited Doddabetta peak.
<b>25/03/2022</b> <b>Sunday</b>	After breakfast, the volunteers began to clean up the areas of pine forest, with the permission of forest and tourist officials as part of making the Nilgiris plastic free.	After lunch, the unit was split into two groups for the cleaning of places surrounding Athikal lake. Cleaning was completed by 4:30 pm and after refreshments the unit returned.
<b>26/03/2022</b> <b>Monday</b>	Today the volunteers were involved in the cleaning of Elkhill Murugan Temple, After Breakfast the volunteers were involved in the removal of weeds, plants and bushes around the temple.	After lunch, the unit was split into various groups for the cleaning of the temple completely. By 4:30 pm the work was completed and the unit returned.
<b>27/03/2022</b> <b>Tuesday</b>	<p>The volunteers left the campus around 8:00 am to Ithalar Village and by 10:30 am we reached the destination. With a small inauguration function, the volunteers were given brief explanation about the work.</p> <p>The unit was split into three groups</p>	<p>After lunch the volunteers, resumed their work and by 4:00 pm it was completed,</p> <p>After refreshments, the volunteers had an interactive session with the Village Head, Village</p>



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	and one group was assigned to clean the in and around the places of the village community hall, one group were involved in cooking and the other group was involved clearing up the bushes and plants around the village.	President and the Village people. Followed by Valedictory Function.
<b>28/03/2022</b> <b>Wednesday</b>	Valedictory	Back to campus





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**NSS Day Wise Detailed Narrative Report, Scanned Copies of the News Paper Reports  
and Action Photos**

**22-03-2022**

With the blessings of His Holiness Jagadguru Sri Sri Shivarathreeswara Deshikendra Mahaswamigalu and by god's grace our 17th NSS camp has begun on 21-03-2022 .On the inaugural day (21-03-22) we left the college by 8:00am and reached NEDUNGALKOMBAI village, MANJAKOMBAI by 10:00 a.m.

The Inaugural Function has started at 10:30 am in the Village Society hall where village people use to assemble for their evening activities.

The village head and village people were present and Dr. S P Dhanapal, Dr. Deepalakshmi, Dr. V Senthil inaugurated the Special Camp by hoisting the NSS flag, Flag hosting was followed by the NSS Song by the NSS volunteers Miss. Racheal Swetha and Group. Then Dr. B.Babu, the NSS Program officer, welcomed the guests. The Guest addressed the NSS volunteers, with his inaugural speech and stressed the importance of NSS services in rural development. He said that students were having good opportunities to serve the people and society through NSS. He wished all the NSS volunteers a successful camp.

The NSS program officer Dr.B.Babu had given some tips to the NSS volunteers about the behavioral attitude in the camping period. He also wished all the Volunteers successful camping activities. The village people were very happy to receive the NSS volunteers and his and whole village support will be there for the various NSS activities in the 05 days program. Other villagers also spoke in the inaugural function in favoring NSS unit. They felt that it was an excellent opportunity for them to get use of the service of NSS for their village.

Dr. B.Babu,NSS Program officer has highlighted the programs for the coming 05 days and he requested all the village people to co-operate with NSS unit in carrying out various activities scheduled.

After lunch, the volunteers cleaned their accommodation premises. Volunteers were split into two groups and one group were cleaning the roads of the village and one group involved in the cleaning of pathway between the estates.

After refreshments, the Volunteers had an interactive session with the village people and female volunteers were involved in the cooking. The volunteers had their dinner and retired to bed.

**23-03-2022**

The day started at 6.00 am. The volunteers were asked to take their daily activities. At 7:30 am the N.S.S. flag hoisting program was conducted and the flag hoisting was done by the NSS Program



officer followed by prayer. After the flag hoisting the volunteers were asked to do light exercise from 7.45 am to 8:00 am.

After having the breakfast, there was a small awareness program conducted in the village for the women on the topic "Capacity Building for Menstrual Hygiene Management Among Adolescent School Girls including Tribes". We had Dr. Deepalakshmi addressing the girls and women about the Menstrual Hygiene which was an eye-opener session for them and they actively participated and cleared their doubts regarding menstrual hygiene. Menstrual Hygiene kits including sanitary napkins, ketoconazole soap, sanitizer and Hand wash were distributed to all the women.

After lunch, the volunteers were split into two groups, where one group was involved in cleaning the temple and places around it and the other group were involved in the school campus cleaning. After refreshments, with the help of the local guide, the unit was taken to view point (trekking) and it had a breathtaking view. Meanwhile the dinner was ready the unit had the dinner and hit the bed. The works performed by the volunteers were highly appreciated by the village people and they were thankful too.

### 24-03-2022

As the part of conserving the Nilgiris Bio reserve and its greenery, the volunteers were assigned to clean the forest areas in and around the Dodabetta. After breakfast, the unit was addressed by the forest officials about the importance of preserving our natural heritage and the problems that we might face if we do not save our mother earth and they briefed about on how to carry out the cleaning process in the forest. With their guidance, the unit was split into groups and cleaning process started and the volunteers were actively involved in making the place free of plastics.

After the lunch, the volunteers had taken rest for a while and by 3:00 pm, the unit resumed their work and till 5:00 pm, they cleaned the forest areas of Dodabetta and the collected plastics were given to Municipality for the recycling process. The forest officials highly appreciated the work of the volunteers and the volunteers also learnt the importance of saving nature and wildlife and the impact of waste and litter on the same. After the refreshments, the unit visited Dodabetta peak and returned

### 25-03-2022

As the part of conserving nature, today also the volunteers were in cleaning of forest areas of thalaikuntha. Forest officials briefed about the cleaning process. After breakfast, the volunteers began to clean up the areas of pine forest, with the permission of forest and tourist officials as part of making the Nilgiris plastic free. The tourists were astonished to the volunteers cleaning the places and appreciated the work.

After lunch, the unit was split into two groups for the cleaning of places surrounding Athikal lake, near pine forest, Thalaikuntha. The volunteers completely made the areas around the lake plastic





free. Cleaning was completed by 4:30 pm. The forest official thanked the volunteers and highly appreciated the work. After refreshments, the unit returned.

## 26-03-2022

Today the volunteers were involved in the cleaning of Elkhill Murugan Temple, After Breakfast the volunteers were involved in the removal of weeds, plants and bushes around the temple. After lunch, the unit was split into various groups for the cleaning of the temple completely. By 4:30 pm, the work was completed and the unit returned.

## 27-03-2022

The volunteers left the campus around 8:00 am to Ithalar Village and by 10:30 am we reached the destination. With a small inauguration function, the volunteers were given brief explanation about the work. The unit was split into three groups and one group was assigned to clean the in and around the places of the village community hall, one group were involved in cooking and the other group was involved clearing up the bushes and plants around the village.

After lunch the volunteers, resumed their work and by 4:00 pm it was completed, After refreshments, the volunteers had an interactive session with the Village Head, Village President and the Village people.

## 28-03-2022

Followed by Valedictory Function. Dr.V Senthil the NSS program officer addressed the volunteers about their efforts and service during the camp. Dr.V Senthil thanked Village head, Village President, Secretary for supporting us, for and the village people, for extending the support for smooth conduction of the camp. Volunteers shared their views about the NSS camp and also they said that they felt some sort of togetherness and experienced the human values.



## JSS Academy of Higher Education & Research

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## University Department, JSS AHER, Mysuru

Annual Camp The annual camp was organized by NSS Unit of JSS Academy Of Higher Education And Research Mysuru, in the remote village Hulikere, Belogola Hobli, Srirangapatana Tq, Mandya Dist. The village camp was scheduled for 7 days from 24/03/2022 to 30/03/2022. Day 1: Inauguration of the camp The camp was started on 24/03/2022 at 5:00 pm and inaugurated by, 1. Sushila (Grama Panchayat president) 2. Manjunath M C (Grama Panchayat member) 3. Dr. K A Raveesha ( HOD, School of life sciences, JSS Academy Of Higher Education & Research) 4. Dr. H K Mamatha (HOD, Health System Management Studies, JSS Academy Of Higher Education & Research) 5. Dr. K L Krishna ( NSS Coordinator, JSS Academy Of Higher Education & Research) 6. Dr. Raghu Ram Achar (NSS program officer, JSS Academy Of Higher Education & Research) 7. Dr. Vadiraj KT Day 2: Morning events: General health checkup • Blood pressure and diabetes screening camp was organized by JSS College of pharmacy, Mysore from 10:00 am to 1:00 pm in Hulikere. - Around 500 people were screened. • Dental camp was organized by JSS dental college, Mysuru from 10:00 am to 1:00 pm in Hulikere. - Around 200 to 250 peoples were participated in these camp, and all the participants are provided with free toothpastes. School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC • Nutrition camp was organized by Food, Nutrition and Dietetics, Mysore from 10:00 am to 1:00 pm in Hulikere. In this camp the students created awareness about Malnutrition, Food habits, and health nutrition among village peoples. - Around 400 people participated in the camp School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC Evening events: • The special talk was given by Dr. Umesh (Assistant professor) JSS College Pharmacy, Mysuru - Poison Awareness and prevention • The NSS volunteers are participated in various cultural events like Dance, Singing, etc. Organized by NSS unit. School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC Day 3: Morning events: General health checkup • Blood pressure and diabetes screening camp was organized by JSS College of pharmacy, Mysuru from 10:00 am to 1:00 pm in Basthipura. - Around 400 people were screened. • Dental camp was organized by JSS dental college, Mysuru from 10:00 am to 1:00 pm in Basthipura. - Around 250 to 300 peoples were participated in these camp, and all the participants are provided with free toothpastes. • Nutrition camp was organized by Food, Nutrition and Dietetics ,Mysuru from 10:00



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am to 1:00 pm in Basthipura. In this camp the students created awareness about Malnutrition, Food habits, and health nutrition among village peoples. - Around 300 people - participated in the camp School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC Evening events:

- The special talk on “ Nammolagina hasya” by Dr. Bheemaraju eregowda (Assistant professor) School of life sciences JSS AHER Mysuru Day 4: Morning events:
- Tree Plantation - around 40 to 50 plants are planted around majjigepura
- Swatch Bharath – The NSS Unit organized the plastic free campaign and distributed around 100 Ecofriendly bags School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC Evening events: The NSS volunteers are participated in various cultural events like Dance, Singing, etc. Organized by NSS unit School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC School of Life Sciences, Mysuru NSS Unit of University Departments JSS Academy of Higher Education & Research (Deemed to be University) Accredited "A+" Grade by NAAC Day 5: Morning events: General health checkup
- Blood pressure and diabetes screening camp was organized by JSS College of pharmacy, Mysuru from 10:00 am to 1:00 pm in Majjigepura. Around 450 people were screened