



**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://jssuni.edu.in/jssa/her/outreach/Index.html>

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**Annual Report 2023-24**



**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 Pathshalas 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'***



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.

Proud moment

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

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.



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## 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*

*Phone: +91-821-2548400; Fax: +91-821-2548394*



## NATIONAL SERVICE SCHEME

NSS ANNUAL REPORT-2023-34

|  |   |       |      |
|--|---|-------|------|
| Report for the period ending.  | <b>01<sup>st</sup> APRIL 2023 TO<br/>31<sup>st</sup> MARCH 2024</b> |       |      |
| <b>BASIC INFORMATION ABOUT UNIVERSITY</b>  |   |       |      |
| 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 |
|  | 05  | 09    | 2023 |
| NSS volunteers' strength:  | 600   |       |      |
| Total No. Of student population of the University  | 8,869   |       |      |
| NSS strength allocated by State Government   | 600   |       |      |
| Actual No. Of NSS volunteers   |   |       |      |
| Male 395 Female 285  | Total 680   |       |      |
| No. of colleges having NSS   | 07  |       |      |
| Total No. Of NSS units   | 07  |       |      |
| No. Of programme officer in position   | 07  |       |      |
| No. Of programme officers trained  | 02  |       |      |
| No. Of villages /slums adopted   | 07  |       |      |
| <b>FUNDS FOR NSS REGULAR/SPECIAL PROGRAMMES</b>  |   |       |      |
| Funds received by the University   | 4,15,000.00 dated 6 <sup>th</sup> Dec 2023                          |       |      |
| for Regular activities   | for Special Camps   |       |      |





|   |   |          |            |                                 |            |            |
|---|---|----------|------------|---------------------------------|------------|------------|
|   | Received in four instalments  |          |            | Received in four instalments    |            |            |
|   | Amount received Rs. 2,40,000.00   |          |            | Amount received Rs. 2,10,000.00 |            |            |
|   | Day 26  | Month 09 | Year 2023  | Day 26                          | Month 09   | Year 2023  |
|   | Day 23  | Month 02 | Month 2023 | Day 23                          | Month 02   | Month 2023 |
|   | Received in two instalments   |          |            | Received in two instalments     |            |            |
|   | Per capita expenditure for establishment at university  |          |            | Rs. 500/Volunteer               |            |            |
| <b>SPECIAL CAMPING PROGRAMME</b>  |   |          |            |                                 |            |            |
| I)  | Total No. Of volunteers participated  |          |            | 300                             |            |            |
| ii)   | No. of camps organized  |          |            | 07                              |            |            |
| Activity description: (column under which no activity has been conducted may be left blank) |   |          |            |                                 |            |            |
| (1)   | <b><u>LITERACY</u></b>  |          |            |                                 |            |            |
| 1.1   | No. of student volunteers participated  |          |            | Male 380                        | Female 215 |            |
| 1.2   | No. Of villages/slums adopted for total literacy.   |          |            | 07                              |            |            |
| 1.3   | Total No. of illiterates  |          |            | Male 578                        | Female 478 |            |
| 1.4   | No. of persons made literature  |          |            | Male 165                        | Female 225 |            |
| 1.5   | No. of villages/adopted areas made full literature: (indicate literacy status/percentage attained in the adopted area) attach list. |          |            | Nil                             |            |            |
| <b>2</b>  | <b>ENVIRONMENT/WASTELAND DEVELOPMENT AND CONSERVATION</b>   |          |            |                                 |            |            |
| 2.1   | No. of camps organized  |          |            | 08                              |            |            |
| 2.1.1   | Tree plantation (van)   |          |            | Nil                             |            |            |
| 2.1.2   | No. of saplings planted   |          |            | 280                             |            |            |
| 2.1.3   | Rate of survival (no. Of plants survived/total no. Of plantation x100)  |          |            | 63%                             |            |            |
| 2.1.4   | Area proposed to be covered   |          |            | _____ 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/camping's organised on the <del>isr</del>  |          |            | 06                              |            |            |



|            |   |  |
|------------|---|--|
| 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        | Immunization/health camps   | 15   |
| 3.1.1      | Immunization/health camps Conducted   | 32   |
| 3.1.2      | Details of health programme organised & beneficiaries   | Free Health Screening, Vaccination awareness   |
|            | Health programme (specify)  | Male 58 Female 85  |
| <b>3.2</b> | <b>BLOOD DONATION CAMPS.</b>  |  |
| 3.2.1      | No. of blood donation camps Conducted   | 05   |
| 3.2.2      | No. of units of blood collected   | 520  |
| 3.3        | Population education:   | --   |
| 3.3.1      | Immunization/health camps Conducted   | 22   |
| 3.3.2      | No. of persons covered  | Male 718 Female 565  |
| 3.4        | Eradication of drug abuse:  |  |
| 3.4.1      | No. of camps/awareness camping's held   | 12   |
|            | No. of beneficiaries  | Male 500 Female 200  |
| <b>4.</b>  | <b>PROGRAMME FOR WOMEN</b>  |  |
|            | Nature of programme:  |  |
| 4.1        | No. Of camps organised  | 05   |
| 4.2        | No. Of beneficiaries  | 545  |
| 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   | 670  |
| <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  | 18   |
| 7.2        | No. Of programme officers trained   | Nil  |



|     |   |   |
|-----|---|---|
| 7.3 | No. Of peer educators trained   | 08  |
| 7.4 | No. Of beneficiaries  | 657   |
| 8.  | <b>Any other programme not covered above, please give statistical date in 50 words:</b> | <p style="text-align: center;"><b>One Day NSS Camp @ Tribal School</b></p> <p>NSS Unit of JSS AHER, Mysuru in association with Karnataka State Tribal Research institute, Mysuru organized one day NSS camp at Tribal School, Neralakuppe, Hunsur Taluk on 6th Oct 2023 from 10 am to 6 pm.</p> <p>Smt. Prabhaav Urs, Deputy Director, Karnataka State Tribal Research Institute, Mysuru and Dr. Ravisha, Regional Director, Zilla Panchayat, Mysuru and Dr. K L Krishna, NSS, Program Coordinator, JSS AHER, Mysuru coordinated the activities.</p> <p>The program was inaugurated by Dr. TM Pramodkumar, Principal and Dean, JSS College of Pharmacy, Mysuru in the presence of Sri. Basavaraju, Hunsur Takuk, Tribal welfare officer, Hunsur: Dr. K L Krishna, NSS Program Coordinator: NSS Officers and others.</p> <p>Nutritional awareness program was organized for the benefits of school children. Dr. Sushma, Faculty, Department of Food and Nutrition, JSS AHER and Dr. Shamaraj, Senior Agronomist, ICAR, KVK, Suttur were taught the important of nutrition for health and growth. NSS volunteers were demonstrated the importance of nutrition for health by skit, quiz, demonstration of various charts. For the benefits of school children as well as local people, exhibition of various millets were done. The important of consuming various millets were explained to the students. About 10 display charts about the important of nutritional value were pasted in the dining hall for the benefit of the tribal school children. Assessment of nutritional status of all school children were done.</p> <p>To enhance the sports activities in the children, NSS Unit of JSS AHER, Mysuru donated various sports articles like Cricket sets, valley ball sets, through ball sets, foot balls, carrom boards sets,</p> |



|  |  |  |
|--|--|--|
|  |  | <p>chess sets, rings, skippers, knee and elbow guards and badminton sets. The sports articles were handed over to the school in the presence of Smt. Prabhaav Urs, Deputy Director, Karnataka State Tribal Research Institute, Mysuru and Dr. Ravisha, Regional Director, Zilla Panchayat, Mysuru. NSS volunteers were played all games with the tribal school children and motivated the children to play and make use of the donated sports articles.</p> <p>There was a free medical checkup and distribution of free medicines for the local tribal people. Many of the local people were participated in the free health checkup camp.</p> <p>The school children exhibited local tribal dance and all NSS volunteers were actively participated with them.</p> <p>In the evening, all NSS volunteers were visited local tribal hamlets and learned their living style.</p> |
|--|--|--|

**Place:** Mysuru

S/d

**Date:** 17<sup>th</sup> May 2024

**Signature of the Programme Coordinator NSS**



**UNIVERSITY LEVEL ADVISORY COMMITTEE MEETING**

**Tuesday, 5<sup>th</sup> September 2023 at 11.00 am in RA Seminar Hall,**

**JSS College of Pharmacy, Mysuru**

**Members Present**

- |  |                  |
|--|------------------|
| 1. Dr. B. Manjunatha, Registrar, JSS AHER, Mysuru.   | Member           |
| 2. Dr. Prathap Lingaiah, State NSS Officer, Youth Empowerment & Sports Department, MS Building, Bengaluru. | Member           |
| 3. Sri. Sridhar, Youth Officer, NSS Regional Directorate, Bengaluru  | Member           |
| 4. Sri. C.C. Hiremath, Finance Officer, JSS AHER, Mysuru.  | Member           |
| 5. Mrs. Kokila M.S. Deputy Registrar (Sr. Grade), JSS AHER, Mysuru.  | Member           |
| 6. Dr. M N Purohit, Dean, IQAC, JSS AHER, Mysuru.  | Member           |
| 7. Dr. Chandrashekar, Coordinator, NSS ETI, Centre, UoM, Mysuru  | Member           |
| 8. The Principal, JSS Medical College, Mysuru.   | Member           |
| 9. The Principal, JSS Dental College & Hospital, Mysore (Representative)                                   | Member           |
| 10. The Principal, JSS College of Pharmacy, Mysuru.  | Member           |
| 11. The Principal, JSS College of Pharmacy, Ooty. (Representative)   | Member           |
| 12. The Head, SLS, JSS AHER, Ooty. (Representative)  | Member           |
| 13. Dr. H V. Gangadharappa, JSS College of Pharmacy, Mysuru  | Member           |
| 14. Dr. M V Ravishankar. M V, NSS POs, JSS MC, Mysuru.   | Member           |
| 15. Dr. Tippeswamy M H, NSS PO, JSS Dental College and Hospital, Mysuru.                                   | Member           |
| 16. Dr. Rakshith U R NSS PO, JSS College of Pharmacy, Mysuru.  | Member           |
| 17. Dr. Vadiraj, K T, NSS PO, SLS, JSS AHER. Mysuru  | Member           |
| 18. Dr. Babu, B. NSS PO, JSS College of Pharmacy, Ooty.  | Member           |
| 19. Mr. Harshith S. NSS PO, Dept. of HSMS, JSS AHER, Mysuru  | Member           |
| 20. Dr. Nishu, NSS PO, SLS, JSS AHER, Ooty   | Member           |
| 21. The Volunteer, NSS Unit, JSS Medical College, Mysuru   | Member           |
| 22. The Volunteer, NSS Unit, JSS Dental College & Hospital, Mysuru.  | Member           |
| 23. The Volunteer, NSS Unit, JSS College of Pharmacy, Mysuru.  | Member           |
| 24. The Volunteer, NSS Unit, JSS College of Pharmacy, Ooty   | Member           |
| 25. The Volunteer, NSS Unit, SLS, JSS AHER, Mysuru   | Member           |
| 26. The Volunteer, NSS Unit, SLS, JSS AHER, Ooty   | Member           |
| 27. The Volunteer, NSS Unit, Dept. of HSMS, JSS AHER, Mysuru   | Member           |
| 28. Dr. K.L. Krishna, NSS PC, JSS AHER, Mysuru.  | Member Secretary |



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**Members sought leave of absence**

- |  |          |
|--|----------|
| 1. Dr. Surinder Singh, Vice-Chancellor, JSS AHER, Mysuru.                        | Chairman |
| 2. Mrs. Prabha Urs, Deputy Director, Karnataka State Tribal Institute,<br>Mysore | Member   |
| 3. The Head, SLS, JSS AHER, Mysuru.  | Member   |
| 4. The Coordinator, Dept. of HSMS, JSS AHER, Mysuru                              | Member   |



## Dates of College level NSS Advisory Committee held for the year 2023-24

| College                               | Dates      |
|---------------------------------------|------------|
| JSS Medical College, Mysuru           | 15-07-2023 |
| JSS Dental College & Hospital, Mysuru | 20-09-2023 |
| JSS College of Pharmacy, Mysuru       | 17-07-2023 |
| JSS College of Pharmacy, Ooty         | 11-09-2023 |
| SLS, JSS AHER, Mysuru                 | 03-12-2023 |
| HSMS, JSS AHER, Mysuru                | 15-10-2023 |
| SLS, Ooty                             | 03-12-2023 |

## Details of Special Camp activities 2023-24

| NSS Unit                              | Dates of Special Camp                               | Village   |
|---------------------------------------|---|---|
| JSS Medical College, Mysuru           | 26 <sup>th</sup> Feb - 3 <sup>rd</sup> March – 2024 | Hosahalli, Mogarahalli, Karekura, Palahalli           |
| JSS Dental College & Hospital, Mysuru | 26 <sup>th</sup> Feb - 3 <sup>rd</sup> March – 2024 | Hosahalli, Mogarahalli, Karekura, Palahalli           |
| JSS College of Pharmacy, Mysuru       | 02 <sup>nd</sup> to 06 <sup>th</sup> March 2024     | Taripura, Shrirangapattana Taluk                      |
| JSS College of Pharmacy, Ooty         | 25 <sup>th</sup> to 31 <sup>st</sup> March 2024     | Thengumarahada, Tamil Nadu                            |
| SLS, JSS AHER, Mysuru                 | 22 <sup>nd</sup> to 28 <sup>th</sup> March 2024     | Ballenahalli, Srirangapatna taluk                     |
| HSMS, JSS AHER, Mysuru                | 22 <sup>nd</sup> to 28 <sup>th</sup> March 2024     | Ballenahalli, Srirangapatna taluk                     |
| SLS, JSS AHER, Ooty                   | 23 <sup>rd</sup> March 2024                         | Government tribal high school, Bokkapuram, Masinagudi |



**BUDGET AND MONETIZATION OF NSS ACTIVITIES  
2023-24**

| Total Amt received for NSS activities 2023-24 |                |                        | Total Monetization             |                |                        |
|---|----------------|------------------------|--------------------------------|----------------|------------------------|
| Activity                                      | Amt in lakh Rs | Grand total in lakh Rs | Activity                       | Amt in lakh Rs | Grand total in lakh Rs |
| Regular activities (Govt.)                    | 2.4            | 8.65                   | NSS Regular activities         | 4.025          | 10.4605                |
| Special Camping Activities (Govt.)            | 2.1            |                        | NSS Special Camping Activities | 6.4355         |                        |
| From JSS AHER                                 | 4.15           |                        |                                |                |                        |
| <b>Total societal contribution</b>            |                |                        |                                | 1.8105         |                        |





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## University NSS Activities

### One Day NSS Camp @ Tribal School

NSS Unit of JSS AHER, Mysuru in association with Karnataka State Tribal Research institute, Mysuru organized one day NSS camp at Tribal School, Neralakuppe, Hunsur Tq on 6th Oct 2023 from 10 am to 6 pm.

Smt. Prabhaav Urs, Deputy Director, Karnataka State Tribal Research Institute, Mysuru and Dr. Ravisha, Regional Director, Zilla Panchayat, Mysuru and Dr. K L Krishna, NSS, Program Coordinator, JSS AHER, Mysuru coordinated the activities.

The program was inaugurated by Dr. TM Pramodkumar, Principal and Dean, JSS College of Pharmacy, Mysuru in the presence of Sri. Basavaraju, Hunsur Takuk, Tribal welfare officer, Hunsur: Dr. K L Krishna, NSS Program Coordinator: NSS Officers and others.

Nutritional awareness program was organized for the benefits of school children. Dr. Sushma, Faculty, Department of Food and Nutrition, JSS AHER and Dr. Shamaraj, Senior Agronomist, ICAR, KVK, Suttur were taught the important of nutrition for health and growth. NSS volunteers were demonstrated the importance of nutrition for health by skit, quiz, demonstration of various charts. For the benefits of school children as well as local people, exhibition of various millets were done. The important of consuming various millets were explained to the students. About 10 display charts about the important of nutritional value were pasted in the dining hall for the benefit of the tribal school children. Assessment of nutritional status of all school children were done.

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The school children exhibited local tribal dance and all NSS volunteers were actively participated with them. In the evening, all NSS volunteers were visited local tribal hamlets and learned their living style.





### **NSS Day Celebrations- WALKATHON 2023**

As a part of NSS Day Celebrations **WALKATHON 2023** was conducted by NSS Units of **JASS AHER and its constituent colleges. Programme was conducted under the aegis of “Scope Foundation”** U.S. Scope Foundation’s primary goal is to serve humanity at the physical, educational, and spiritual levels without any barriers. Humanity has been divided in numerous ways, thus making us forget our roots, that we are all children of mother earth. Humanity spends more energy and resources to stay divided. Scope Foundation is envisioning to bring a sense of unity through the science of spirituality and by bringing awareness of Mother Earth’s universal energy.

The NSS student volunteers(thirty) from all the constituent colleges came together on the 29th of October, for the event. Students were asked to assemble at the main gate of our college at 6.30 am, and they got into our respective buses and left by 7 am. Soon after arrival, near the palace gate they received our t-shirts for the event, as a courtesy by “Scope Foundation.” Students were introduced to and greeted by the officials responsible for organizing the event. Shri Shivarathri Deshikandra Mahaswamiji inaugurated and blessed the occasion. The queen of Mysuru Smt. Trishikha Kumari Wadiyar presided over the function. Coordinator of the Scope Foundation Dr Shiva Murthy was presided over the function.

The walkathon started from the Anjaneya Temple in front of Mysore Palace, and students took a full circle around the palace. Most of students were new to the city of Mysore, walking around the city, on the streets helped them to get to know the city a little more and make them feel like home. Students displayed banners of our respective colleges. To create public awareness; students raised the slogans regarding the protection of earth against global warming. The WALKATHON was not just for students but there were also involved many volunteer citizens from Mysore City.



The walkathon has covered the distance of 5 kilometers, and the show was ended at 9:30 am near Anjaneya swamy temple. Later the breakfast was arranged for all the students. All the students expressed their heartfelt gratitude to the foundation for giving us the opportunity to be a part of such a prestigious event.

The NSS programme coordinator Dr Krishna K.L. and NSS officers of all the constituent colleges were present in the program.





NSS Regular activities 2023-24

**List of Activities**

- Orientation Programme
- International Yoga Day
- Programme on Health awareness
- Anti Ragging Rally
- Awareness programme on oral hygiene
- Awareness on digital payment
- Awareness camps for Healthful Housing
- Awareness for Environment
- Maternal & Child Health and Family Planning Camps
- School Health Programme
- Cancer Education
- Free denture checkup and treatment camp
- World Earth Day Celebration
- Guest lecture on Plastic and its harmful effects
- World Environment Day
- Adolescent Health Camps
- Awareness on “SAY NO TO CRACKERS”.
- Awareness campaigns on VISAKA.
- Independence Day.
- NSS Day celebration.
- Kannada Rajyothsava Day.
- Republic Day.
- Stem Cell awareness and donor campaign.
- World Breastfeeding Week.
- World Rabies Day.
- Walkathon- Pledge an organ.
- Swachh Bharat Abhiyan.
- Teachers Day.
- Blood Donation Camps.
- NSS Day Celebration.
- AIDS awareness skit and World Aids Day awareness rally.
- Pharma Rally.
- Suttur Jatra Exhibition.
- Voter’s day programme.

NSS Regular activities

**Unit I- JSS Medical College, Mysuru****NSS regular activities from 1<sup>st</sup> April 2023 to 31<sup>st</sup> March 2024****1. Best NSS Student Award 2023**

**Dr. Gayathri Sureshkumar Nair** who has completed her MBBS (2017-2023). She worked outstandingly as an NSS volunteer and participated in NSS special camp and several regular camp activities. She has been conferred with “**Best NSS Volunteer Student Award**” by JSS Academy of Higher Education and Research, by felicitating her with a certificate during the MBBS graduation ceremony which was held on 19th-04-2023.

The award was presented by the Principal JSS Medical College, and event was presided by Vice Principals and administrative officer of JSS Medical College, Mysuru. The program was supervised and coordinated by NSS program officers NSS unit, JSS Medical College, Mysuru.

**2. Voting Awareness Programme for Students**

“Somewhere inside of all of us is the Power to Change the World.”

- **Roald Dahl, Matilda**

An election is a way people can choose their candidate or their preferences in a representative democracy or other form of government. To support and sensitize this issue among the student fraternity, the NSS unit, JSS Medical College, Mysuru had organized a voting awareness programme for the students of JSS Medical College and AHER. The programme was held on 5th May 2023 between 2 PM-3 PM in gallery 6, third-floor JSS Medical College, Mysuru. We have invited an eminent speaker, election process trainer, and master trainer of personality development, **Mr. D. Parashivamurthy**, Assistant Professor Govt. first-grade college for women, Mysuru, to deliver a guest lecture on the topic “**Nothing Like Voting, I Vote for Sure.**” The speaker explicitly stressed the importance of voting as a responsible citizen of the country.



He also clarified myths about voting, and the process of voting and unbiased election process to form a democratic government.

The programme was attended by more than 210 students, who belong to JSS Medical College, JSS School of Public Health, JSS College of Life Sciences, JSS College of Pharmacy and JSS Dental College. The whole event was coordinated by the NSS student volunteer Ms. Anushree Sreekumar and Ms. Ananya of third-year (3rd phase) MBBS students.

We would like to thank Principal JSS Medical College, Dr. Basavanagowdappa H, Vice Principal Dr. Suma MN (preclinical), and Vice Principal Dr. Praveen Kulkarni (paraclinical) for their whole hearted support to conduct this event. We would like to convey our special thanks to Dr Purohith JSS AHER, and Dr Sunil Kumar D, Professor and Head of Community Medicine for their support in encouraging and facilitating the large number of students from various constituent colleges of JSS AHER, Mysuru. We also would like to thank all NSS programme coordinators for their support to make this programme a successful one.



**Resource Person: D. Parashivamurthy**

### 3. “MY LIFE AND MY CLEAN CITY”

**“Being Clean and Green is not just an Aspiration but an Action”**

**- Christine Pelosi**

Mysuru city corporation (MMC) took the initiative to clean Mysuru city and create awareness about the concept of a “Clean and Green City.” JSS Medical College, Mysuru, has been invited to take part in this cleanliness program. The event was organized under the aegis of Mysuru City Corporation (MMC)



with the supervision of corporation medical officer Dr. D.G. Nagaraj. The **sole agenda of the event was “MY LIFE AND MY CLEAN CITY.”** The cleanliness drive was carried out on **1<sup>st</sup> June 2023** with the sole intention of plogging the nondegradable waste material like plastic, fibre, metal, wax-coated disposables, etc. Thirty-one (31) NSS student volunteers from Ist year MBBS graduate students actively and enthusiastically participated in the event. The plogging activity was performed in the streets around the JSS medical college campus and Cauvery Nagar. The collected waste material was loaded into the waste carriage accompanying the participants. The program was coordinated by Ms. Tejaswini S.P. health inspector city corporation, Mysuru.

The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru. The program was supervised and coordinated by NSS program officers NSS unit, JSS Medical College, Mysuru.



**Plogging and Street cleaning by volunteers**

#### **4. INTERNATIONAL YOGA DAY (IYD) 2023**

#### ***“Yogas Chitta Vritti Nirodha”***

**-Patanjali**

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. This year, the theme for International Yoga Day 2023 was '**Yoga for Vasudhaiva Kutumbakam,**' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.'

Yoga is an ancient practice intended to enlighten the physical, mental, and emotional excellence of an individual. The theme aims to inspire the yoga community for global development. The theme





has been selected after much deliberation and consultation, it appropriately portrays, how during the peak of the pandemic, yoga served humanity in alleviating human suffering.

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



Participants of the IYD event Practicing Asanas

## 5. World Environmental Day

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

A healthier environment is the need of the hour and we must not make any more delays. World Environment Day (WED) is celebrated to encourage and create awareness and to take appropriate action for the protection of the environment. It is supported by many organizations worldwide. In this regard to mark the activity, NSS unit JSS Medical College, Mysuru, conducted the sapling implantation program on 25<sup>th</sup> July 2023 in the medical college campus garden. Faculty and NSS student volunteers actively participated and witnessed the event.

Dr. Basavanagowdappa H, Principal of JSS medical college, Dr. Suma M.N., and Dr. Praveen Kulkarni, vice-principals of JSS Medical College, and Mr. Sathish Chandra, Administrative officer of JSS Medical College, Sports director Mr Lokeshappa H, implanted number of saplings in the garden to mark this event. The NSS volunteers also implanted the saplings in the same garden. This program was coordinated by NSS program officers NSS unit, at JSS Medical College, Mysuru.



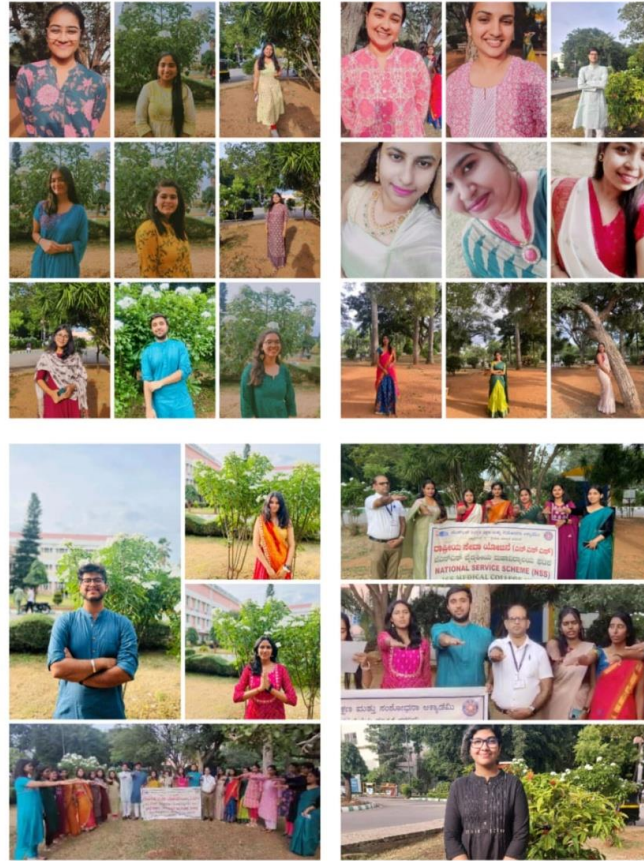
## **Sapling Implantation by Principal and Vice-principal and administrative officer**

### **Sapling Implantation by sports director and NSS volunteers**

## **6. Meri Maati, Mera Desh**

National Service Scheme (NSS) unit JSS Medical College, Mysuru organized the event under the eve of 76<sup>th</sup> Independence Day celebrations under the slogan “Meri Maati, Mera Desh” on 8<sup>th</sup> August 2023. The event saw active participation from 25 dedicated student volunteers who represented their respective states adorned in traditional attires. The highlight of the event was the solemn oath-taking ceremony, where the students pledged their commitment towards social service and community development. The patriotic fervor was evident as the participants recited the pledge, expressing their devotion to the country with the heartfelt rendition of "Meri Maati, Mera Desh." The event aligned with the upcoming 76<sup>th</sup> Independence Day of India on 15<sup>th</sup> august 2023, emphasizing the importance of unity and patriotism. The occasion served as a platform for the students to showcase their cultural diversity and national pride, while reaffirming their dedication to serving the community through NSS initiatives. The programme was conducted in the garden JSS medical college campus. The whole event was coordinated by the student Ms. Purna Bansal, 3<sup>rd</sup> year MBBS.

The activity was supported and encouraged by the Principal and Vice Principals and administrative officer of JSS Medical College, Mysuru. The program was supervised and coordinated by NSS program officers NSS unit, JSS Medical College, Mysuru.



Students with traditional attire participating in "**Meri Maati, Mera Desh**"

## 7. Photo With Tiranga

"On this special day, let's remember our past, celebrate our present, and dream of a brighter future. -

### Indian Citizens

The 77th Independence Day on August 2023 was celebrated with great enthusiasm by all the residents. They decorated the platform with flowers and garlands. Pictures of our great leaders and freedom fighters were placed on the stage. Under the concept of "**Har Ghar Tiranga**" it was a great honour and our pleasure to celebrate our Independence Day with our chief guest

**Subadar-Major K R Kadam, Ex-Indian Army, Government of India**, who hoisted the flag and reiterated the importance of independence, and he stressed on the mantra of unity in diversity. The event was involving the participation Dr M.V. Ravishankar, NSS officer, JSS Medical college, Mysuru, along with other 25 residents from various flats in the building premises.



**Independence Day 2023 celebration with Ex-Indian Army Man**

## 8. Distribution of Wheelchairs for the Specially Abled

*“Ignorance is the root cause of all evil in society and the education is the sovereign remedy”*

- *Dr. Shree Shivarathri Rajendra Mahaswamiji*

**Dr. Sri Shivarathri Rajendra Mahaswamiji**, the 23rd pontiff of the Srimath, Mysuru, was born on 29.8. 1916. His 108th birth anniversary was celebrated meaningfully through a special camp activity by donating wheelchairs for 25 specially-abled unprivileged patients who are suffering from various movement disabilities. The program was held on 9th September 2023 at 10:30 a.m. at JSS College of Pharmacy, Mysuru.

Twenty-five patients from various hospitals and old age homes were the beneficiaries of the program, which was organized by the JSS Academy of Higher Education and Research. Dr Suma M.N. Vice-Principal of JSS Medical College, passed the initial remarks about the importance of the event and briefed about the legacy of “**Suttur Srimath.**” Various acts of the reverend sage, and suttur Srimath involving the social, educational, ethical, and spiritual components to reform the society since centuries were recalled during the occasion.

The gathering was addressed by Aravinda Jatti, president of “Basava Samithi” Karnataka, was presided over the function as a chief guest. Dr Surinder Singh, Vice Chancellor, Dr Manjunatha B, Registrar, of JSS AHER. Dr Sudheendra Bhat, controller of examination, JSS AHER. Dr. Basavanagowdappa, Principal of JSS Medical College, Dr. Suma M.N., Vice-Principal, JSS Medical College, Mr. Sathish Chandra, Administrative Officer, JSS

Medical College, Dr Shivaprakash S, JSS Medical College participated in the function. The principals of various constituent colleges of JSS AHER took part in the event.

Twenty NSS volunteers from JSS Medical College are actively involved in helping the specially-abled persons by rendering all needful support. The activity was supervised and coordinated by NSS program officers NSS unit, JSS Medical College, Mysuru.



## 9. International Day of Democracy

*Democracy is "Government of, by and for the people"*

*- Abraham Lincoln*

The **International Day of Democracy**, celebrated on **September 15th** each year, is a global observance that underscores the importance of democracy as a fundamental human right and a cornerstone of good governance and peace. Established in 2007 by a resolution passed by the **United Nations General Assembly (UNGA)**, this day serves as a reminder of the essential role that democracy plays in shaping societies worldwide.

In this regard, the program was organized on 15th September 2023 by the NSS unit JSS Medical College. The **"Preamble of the Indian Constitution"** which explains its philosophy and objectives was instructed by an NSS student volunteer to all other students who took part in the event with the national spirit. The administrative officer Mr. Sathish Chandra, JSS Medical College, Mysuru, reiterated the importance of democracy and the constitution of India. Dr Praveen Kulkarni, Vice-Principal, JSS Medical College, Mysuru stressed the importance of social equality, citizens' rights, and freedom of expression under democracy as a cornerstone in building unity in diversity. One thirty-two medical students of the JSS Medical College and 10 faculty members took part in the program. Dr Pushpalatha, Dr Deepa Bhat, Dr Pushpa N.B. Dr. Maruti Prasad, Dr Poonam., took part in the event.



The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru. The program was supervised and coordinated by NSS program officers NSS unit, JSS Medical College, Mysuru.



## 10. Swachhata Hi Seva

**"Cleanliness is next to Godliness,"**

- **John Wesley**

“Swachh Bharat Abhiyan” was conducted to disseminate the importance of a “Sampoorna Swachh Bharath, to reinforce the concept of sanitation as everyone’s business. To prelude “Swachh Seva” activities, many students and faculty volunteers from JSS Academy of Higher Education and Research, Mysuru conducted cleanliness activities on 1st October 2023 between 9:30 am-11:30 am.

The program involved the commissioner, deputy mayor, and regional corporator of Mysuru city corporation who actively took part and supported the whole event. The program was started with the felicitation of the corporation authorities by Dr Praveen Kulkarni Vice-Principal, JSS Medical, and Dr Krishna K.L. NSS programme officer JSS AHER College Mysuru.

Dr. Praveen Kulkarni passed the initial remarks about the importance of cleanliness in the health professions by reiterating the significance of the prevention of various communicable and non-communicable diseases. Subsequently, the formal inauguration of the cleanliness drive was marked by the deputy mayor by initiating the cleaning activities at the entrance of JSS AHER. Twenty-five student MBBS NSS volunteers and 10 faculty from JSS MC actively participated in the event and cleaned the streets and parks by plogging various degradable and non-degradable substances in areas coming under the jurisdiction of Sri Shivarathreeshwara Nagara.

The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru; and the administrative officer JSS Medical College, Mysuru. Dr. Krishna K L,



NSS programme officer JSS AHER was instrumental in conducting this whole event. The program was supervised and coordinated by NSS program officers NSS unit, JSS Medical College, Mysuru.



## 11. NSS Singing Competition

Series of activities conducted on the eve of by NSS day celebrations, the singing competition was held on 09th of OCTOBER 2023 on the account to celebrate National Service Scheme (NSS) day 2023. The event was held at Rajendra Auditorium of JSS Medical College (JSSMC). NSS officers, volunteers along with the teachers and the non-teaching staff took part in the event. The event started around 10:30 with a total number of 13 participants.

The judges were Dr. Kala Bharathi H.L Professor and Dr. Puspha VH Assistant Professor department of pharmacology. All the participants were warmly welcomed by Dr Manu G Associate Professor, Dept. of Pharmacology, JSS Medical College. Dr Vinutha SP, Assistant Professor, Dept. of Anatomy, presided over the function.

The event started with the great performances from the students of JSSMC, JSSDC, M.SC Biochemistry, Biotechnology showing their amazing vocal practices. The participants had 3+1 min of time to present their work. The diverse folk songs, classical music and the albums from various languages were very elegantly presented. The participant's identity was masked for unbiased justification. At the end of the event students were addressed with encouraging words by Dr. Pushpa V.H. NSS volunteers Ms. Vaishnavi and Mr. Sanyam Nagori coordinated the whole event.

The results were announced by judges **First prize** was bagged by **Yuktha B Patel of JSSDC**, **Second prize** bagged by **Vinaya B.S of JSSDC** and **Third prize** bagged by **Dhanya Meenakshi of JSSMC**. Lastly to Honor the judges the memento was handed over by Dr. Vinutha SP Assistant Professor Anatomy. The NSS officers from JSS MC, Dr. Manu G and Dr. Ravishankar M.V coordinated the whole event. The event was a great success which bought everyone more enthusiasm towards cultural activities and learned the act of participation.

The activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru; and the administrative officer JSS Medical College, Mysuru.





## 12. ELCs - Electoral Literacy Clubs

### Chair Person:

Dr. Basavana Gowdappa H  
Principal, JSS Medical College, JSS AHER, Mysuru

### Member Secretary:

Dr. M.V. Ravishankar  
Assistant Professor, Dept. of Anatomy  
JSS Medical College, Mysuru.

### Members:

Dr. Manu G, Associate Professor, Dept. of Pharmacology JSS MC,  
Dr. Anshu Kumar Yadav, Assistant Professor, Dept. of Biochemistry, JSS MC  
Mr. Venkatesh, Tutor, Dept. of Biochemistry, JSS MC

### Student Representatives:

Mr. Nagabhushan (2nd year MBBS student)  
Ms. Purna Bansal (3rd year MBBS student)  
Mr. Akbar (2nd year MBBS student)  
Mr. Valin D'Souza (2nd year MBBS student)

### Activities Conducted

**Awareness programme to motivate voters' enrolment, by NSS unit, JSS MC.**

**Voter Help Line App was introduced to the students to enrol and make any corrections or changes.** These applications offer a user-friendly interface that allows citizens or any eligible voters to submit the forms with a few simple steps. The entire process, from login to registration, can be completed within minutes, eliminating the need for traditional form submission methods. From the dept. of electoral literacy, an awareness programme was conducted on 6<sup>th</sup> December 2023 in JSS Medical College, Mysuru by the faculty members. Many students were benefitted from this app, it encouraged enrolment of large number of student fraternity in our campus.

## 13. Health Awareness Programme

**“It's better to be healthy alone than sick with someone else”**

**Phil McGrew**

On 27th December 2023 the JSS medical college NSS unit JSS MC, fuelled with compassion and a commitment to social well-being, embarked on a journey of awareness and education. Our activities





began at 10:30 AM, as we visited the apartments at Rajarajeshwari Nagar, Mysuru armed with compelling charts, images, and motivational quotes. Our mission was to shed light on the crucial topics of HIV/AIDS prevention, communicable diseases, personal hygiene, and the problems related to drug and alcohol abuse. Students were engaged in the community interactions by spreading awareness, and igniting crucial conversations with the public. At 11:30 AM, our focus shifted to empowering young girls at a government high school. Dr Rama, medical officer, at JSS Urban Health Centre, Mysuru was instrumental in conducting this event at government high school. This activity was supported by Mr. Santhosh, health inspector JSS UHC, Mysuru. Ms. Sanya Sathish, delivered a comprehensive talk by sensitizing the young girls about menstruation and its hygiene. We delved into the often-silenced topic of menstrual hygiene, normalizing the conversation, and educating young girls about this essential aspect of their personal health. Dr Rama, formally initiated the process of free sanitary pad distribution. To support their well-being, and symbolically create awareness we distributed naturally degradable sanitary napkins. Our message resonated not just with the girls but also with the other students across all classes, sparking open dialogues and a culture of understanding.

Later we headed towards surrounding localities of the urban health centre and continued our awareness campaign by engaging in interactive sessions with the public, displaying informative charts, followed by open question and answer sessions, which ensured that health education reached every corner. Later we moved on to the Medhar block, where the residents' enthusiasm showing inclination towards awareness which reflected the significance of our efforts. We addressed their concerns, answered their questions, disseminated information on vital health issues, and distributed sanitary pads to the women in need. Then we went to the Halim block where the residents gathered to hear our insights on HIV/AIDS prevention, communicable diseases, drug and alcohol abuse, and menstrual/personal hygiene. The interactive sessions fostered a sense of community and collective responsibility for health and well-being. By the end of the day, the team's impact was undeniable. It was a day woven with impactful conversations, meaningful connections, and a shared commitment to create a healthier world. Numerous minds had been enlightened and communities were empowered with knowledge and resources. This NSS camp served as a powerful reminder that even small steps taken together can pave the way for improving public health status of needy population. Twenty-two B.Sc. (AHS) students from JSS Medical College were actively took part in the whole event. The awareness activity was supported and encouraged by the Principal and Vice Principal of JSS Medical College, Mysuru; and the administrative officer JSS Medical College, Mysuru. The NSS programme officers from JSS medical College, Mysuru were the coordinators of the whole event.





## NSS Regular activities

UNIT II JSS Dental College and Hospital, Mysuru

### NSS regular activities from 1<sup>st</sup> April 2023 to 31<sup>st</sup> March 2024

#### 1. Yoga day 2023 :-

On 21<sup>st</sup> June 2023 there were total 30 members participated in the international yoga day which is conducted by AYUSH department from the central government in association with Karnataka state government and district administration Mysore. All the members were actively participated. This event commenced at 5 am and ended at 8.30 am. Please find the photos for your perusal.



#### 2. Swachhata Hi Seva”

"Cleanliness is next to Godliness,"

- John Wesley

“Swachh Bharat Abhiyan” was conducted to disseminate the importance of a “Sampoorna Swachh Bharath, to reinforce the concept of sanitation as everyone’s business. To prelude “Swachh Seva” activities, many students and faculty volunteers from JSS Academy of Higher Education and Research, Mysuru conducted cleanliness activities on 1st October 2023 between 9:30 am-11:30 am.

The program involved the commissioner, deputy mayor, and regional corporator of Mysuru city corporation who actively took part and supported the whole event. The program was started with the felicitation of the corporation authorities by Dr Praveen Kulkarni Vice-Principal, JSS Medical, and Dr Krishna K.L. NSS programme officer JSS AHER College Mysuru.

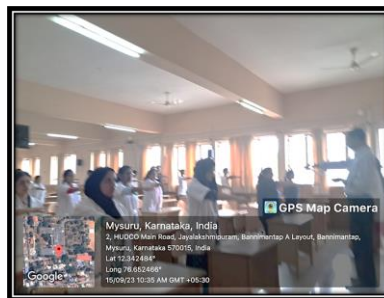
Dr. Praveen Kulkarni passed the initial remarks about the importance of cleanliness in the health professions by reiterating the significance of the prevention of various communicable and non-communicable diseases. Subsequently, the formal inauguration of the cleanliness drive was marked by the deputy mayor by initiating the cleaning activities at the entrance of JSS AHER. Twenty-five NSS volunteers from JSSDCH and NSS program officer actively participated in the event and cleaned the streets and parks by plogging various degradable and non-degradable substances in areas coming under the jurisdiction of Sri Shivarathreeshwara Nagara.



### 3. 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 September 15th 2023, giving publicity and creating awareness to the undergraduate students.

Dr Dhakshaini M.R., 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. NSS Day 2023

NSS Day is a remarkable occasion, celebrated each year on 24th September. It's a day when we honor the National Service Scheme, a government initiative in India.

This special day reminds us of the importance of community service. Through NSS, students contribute to society, learn valuable lessons, and grow as individuals.

We, JSS Dental college, Mysuru, conducted an Art competition on the 9th of October in regards with the NSS day celebration.

The topic of the competition was - 'SUSTAINABILITY-"When THEY run out, you'll be without it"'. We started the competition around 2pm under the superintendence of Dr. Avinash. There total of 8 participants from all of the faculty departments of JSS like JSS DENTAL COLLEGE, JSS COLLEGE OF PHARMACY etc.

The first prize was bagged by Ms. Abhilasha Mohanta 3rd year student of JSS College of pharmacy. The first runner up was Dr. Gokul Nagannagari, intern of JSS Dental College & Hospital. The third prize was given to Dr Poornima Prakash, Inter JSSDC.



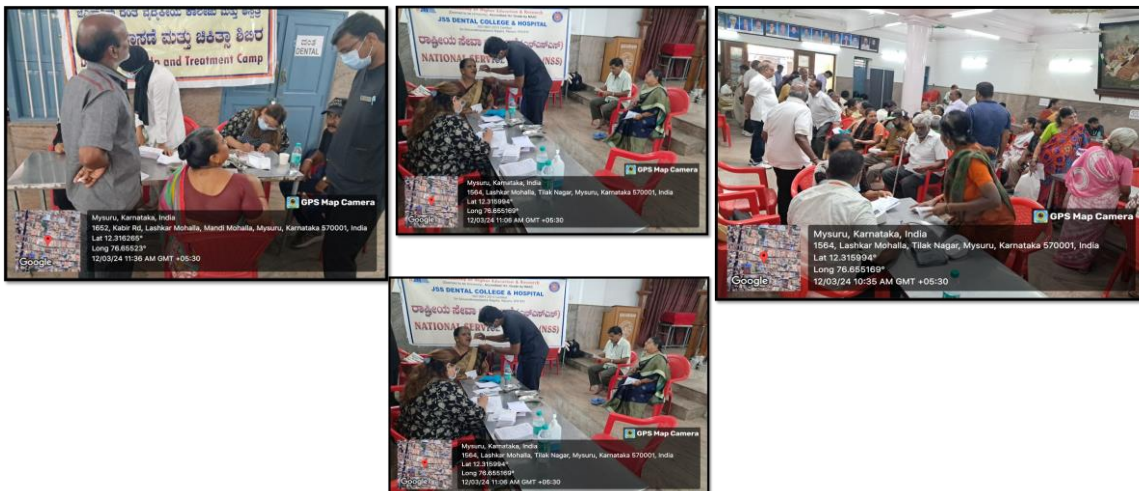
## 5. Awareness about environmental day:-

On the occasion of environmental day NSS JSSDCH and institutional innovative council have organized various competitions like essay writing, innovative ideas towards plastic usage reduction in dental clinics and poster presentations. Many undergraduate and postgraduate students enthusiastically participated. After competition all the events were evaluated from the experts of respective areas. The winners were announced and prize were given. We also started echo club in the college to take up environmental friendly actions.



## Dental camp

NSS-JSS organized dental camp on 12-03-2024 at Kante Mallanna Choultry. Team of doctors and interns under the guidance of Dr. Thippeswamy HM, (HOD, Dept. of Public Health Dentistry) from JSS Dental College & Hospital participated in the camp. A total of 61 patients benefitted from the camp, out of which 22 patients received treatment on the spot. Seven scalings, eleven restorations and four extractions were done. Oral hygiene instructions and oral health education was given.





## NSS Regular activities

### NSS Unit III JSS College of Pharmacy, Mysuru

NSS regular activities from 1<sup>st</sup> April 2023 to 31<sup>st</sup> March 2024

#### 1) Drawing competition as part of world health day celebration:

NSS Unit JSS College of Pharmacy in association with Department of Pharmacy Practice Organized drawing competition with the theme - Influence of Culture on Health on 10<sup>th</sup> April 2023. The competition was open to students, teaching staff as well as non-teaching staff of the College. Participants were required to express their thoughts on culture and health through drawings. A total of 4 students participated in the activity. The drawings were colourful and depicted life styles and habits that influence health



#### 2. Essay Competition on the occasion of world Health day.

Department of Pharmacy Practice and NSS Unit, JSS College of Pharmacy as part of the Golden Jubilee Celebrations and to commemorate World Health Day a Inter-college Essay Competition was organized with a theme “ Role of Pharmacist in prevention of Infectious Diseases" on 11<sup>th</sup> April 2023 at JSS College of Pharmacy, Mysuru. The main of the competitions was to justify the role of pharmacist in prevention of infectious diseases.



*Participants during the Essay competition*

About 20 students registered for the competition and 15 students participated for the same. The participants exhibited their knowledge, creativity, Relevance, Language use, style & conventions, clarity during the competition. At the end of the competition, the participants were judged based on the interpretation of the theme, their knowledge, creativity, relevance, language use and clarity by the judges. Winners were announced and a certificate of appreciation was provided.

#### 3. Street Play on “Prevention of Social Evils” on World Health Day



As part of the World Health Day the Department of Pharmacy Practice of JSS College of Pharmacy, Mysuru in association with NSS Unit organized a street play on the theme “Prevention of Social Evils” at the college quadrangle on 12 - 04 - 2023 from 04:00 PM to 05:00 PM. . The theme for this World Health Day is ‘Health for All’ and is part of the WHO Sustainable Development Goals No 3 - Good Health and Well Being. The play was performed by the students of III<sup>rd</sup> Year B Pharm. on the role of parents and teachers in the development of a child. The importance of academic growth as well as social and emotional development was depicted. Through the different enacted scenes, the play showed that enabling a collective decision by including a child’s participation rather than imposing the decision on the child provides better end-results.



#### 4. Collage Making competition on the occasion of World Health Day 2023.

In celebration of World Health Day 2023, Department of Pharmacy Practice, JSS College of Pharmacy Mysuru had organized a Collage Making Competition based on the theme: “Family Health is First Step towards Global Health” on 13<sup>th</sup> April 2023. The competition was open for all JSSCPians including students, teaching and non-teaching staff. The main motto of the event was to create awareness among individuals to prioritise health for every individual to make a healthy world. The competition was conducted in the Department of Clinical Pharmacy at JSS Hospital. A total of three teams took part in the competition, each team consisting of 3 members. The time limit of one hour was given. All team members actively participated showcasing their talents and creativity to bring in unique concepts for creating awareness abouts Family health.

The winners of the competition were Ms. Rachel, Ms. Megha and Ms. Dravya, students of VI Pharm D. Winners were chosen based on the creativity, skills utilised, message conveyed and presentation. Overall, the participants opined that the activity was enjoyable and facilitated mutual learning. Winners of the competition received the certificates.





## 5. Plant Sapling on the occasion of World Environmental Day.

The National Service Scheme (NSS Unit) JSS College of Pharmacy, Mysuru Organized Plant Saplings on the occasion of World Environmental day (5<sup>th</sup> June 2023) with the theme of Solution to the Plastic Pollution. The main aim of this occasion was to prevent & creates awareness on the raised global warming to protect our nature and planet earth.



It is a day that reminds everyone on the planet to get involved in environmentally friendly activities. People come together to pledge towards building a greenery planet. The event was conducted successful with the over hearted participation about plants. Dr. G V Pujar, Vice Principal, JSS College of Pharmacy, Mysuru, Mrs. Divya Assistant Administrative Officer, Dr K. L Krishna NSS Coordinator JSS Academy of Higher Education and Research, NSS Programme Officer, Teaching and Non- Teaching staff were present during the occasion.

## 6. 9<sup>th</sup> International Yoga Day theme 2023 Yoga for Vasudhaiva Kutumbakam

National Service Scheme (NSS) Unit of JSS College of Pharmacy, Mysuru along with constituent colleges of JSSAHER celebrated International Yoga Day on 21st June 2023 at Mysore Palace. International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. On 21st June 2022, JSSAHER celebrated 9th International Yoga Day at Mysore Palace with theme of Yoga for vasudhaiva kutumbakam Warm up exercises were taken and all the participants practiced & performed sitting and standing asanas, importance of these were explained simultaneously.







## 7. Guru Purnima Celebration

National Service Scheme (NSS) of JSS College of Pharmacy, Mysuru celebrated “Guru Purnima” on 3<sup>rd</sup> July 2023 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.



## 8) Vanamahotsava celebration

NSS Unit JSS College of Pharmacy, Mysuru in association with Karnataka Forest department and department of Pharmacognosy celebrated Vanamahotsava on 7<sup>th</sup> July 2023. Van Mahotsav is an annual one-week tree-planting festival in India which is celebrated in the first week of July to spread awareness about forests and promote tree plantation and environmental conservation. The first week of July is believed to be the right time for planting trees in most parts of India as it coincides with the monsoon.



## 9) Kargil Vijay Diwas Celebration

NSS Unit JSS College of Pharmacy in association with Department of Pharmacognosy organized fruit plant sapling on the occasion of Kargil Vijay Diwas on 26<sup>th</sup> July 2023. To grace this occasion Dr C.G Betsurmth Executive Secretary JSS Mahavidyapeetha, Dr Surinder Sing Vice Chancellor, JSS Academy of Higher Education Research planted Pomegranate and miracle fruit plants.



## 10) Panchpran' Pledge on the occasion of Golden Jubilee Alumni Meet

NSS Unit JSS College of Pharmacy in association with Alumni of JSS College of Pharmacy organized a 'Panchpran' Pledge on the occasion of Golden Jubilee Alumni Meet. The Honorable Prime minister of our country launched national wide **Meri Mati Mera Desh Campaign on 9<sup>th</sup> August 2023**. The main aim of this program to pay **tribute to the veers who laid down their lives for the country**. The chief guest for our function was Dr G Roopa Deputy Mayor Mysuru city Corporation and Dr Sudheendra Bhat Controller of examination JSS Academy of Higher Education and Research, Mysuru The Meri Mati Mera Desh Panchpran Pledge was by taken by all of our Alumni, Principal, Vice Principal, Assistant Administrative officer, Teaching and Non-Teaching staffs & NSS Volunteers on 12<sup>th</sup> August 2023 during inaugural function of golden jubilee Alumni meet.



## 11) Plant Sapling on the occasion of Golden Jubilee Alumni Meet

NSS Unit JSS College of Pharmacy in association with department of Pharmacognosy Organized Plant sapling on the occasion of Golden Jubilee Alumni Meet. During this occasion the herbal and flowering plants were planted by alumni of our college on 12<sup>th</sup> August 2023.



## 13) Swachhata Feedback



Mysuru city Corporation in association with NSS Unit JSS College of Pharmacy organized a swachhata Feedback from all stake holders, teaching & non-teaching staff, contact cleaners, cooks, students on 21<sup>st</sup> August 2023 in college auditorium. During swachhata Feedback all stake holders from JSSAHER, teaching & non-teaching staff, contact cleaners, cooks, students provided their feedback by scanning the QR Code to keep our city clean.



#### 14) Awareness program on Sparrow conservation:

As a part of the Golden Jubilee Celebrations, JSS College of Pharmacy, Mysuru in association with NSS organized an Awareness Program on Sparrow Conservation, on 22nd August 2023. Ms. Kokila Ramesh Jain was invited as a speaker for the occasion. She is a Sparrow Conservationist, Green Activist, Nature Enthusiast, and Animal Welfareist. She also conducted surveys and interacted with students on the status of the birds. Ms. Kokila motivated the students to identify the areas where sparrows can still be found and set up nests there. She distributed self-designed sparrow houses to staff and students. Many staff and students were inspired by the work of Ms. Jain and came forward to be a part of this noble work. During this occasion Dr. T. M. Pramod Kumar Principal, Dr. G.V. Pujar Vice Principal, Ms. Divya Shree Assistant Administrative Officer, Dr U R Rakshith NSS Programme Officer, Mr. I A Chethan, SDG Co-Ordinator and other teaching and non-teaching staff and more than 500 Students were present.



## 15) Awareness program on Smoking and Lung cancer

NSS Unit JSS College of Pharmacy, Mysuru in association with Community medicine JSS Medical College organized awareness program on smoking and lung cancer at JSS Urban Health center, Medar Block, Mysuru on 24<sup>th</sup> August 2023. The chief guest for this program was Dr Kiran P.K Medical Oncologist JSS Hospital & College Mysuru. The aim of this awareness program was to sensitize general publics on lung cancer & smoking associated lung cancer. Overall, the program was very useful.



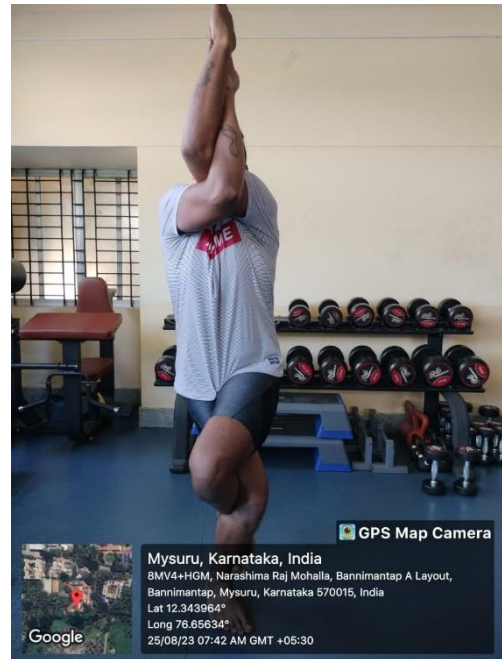
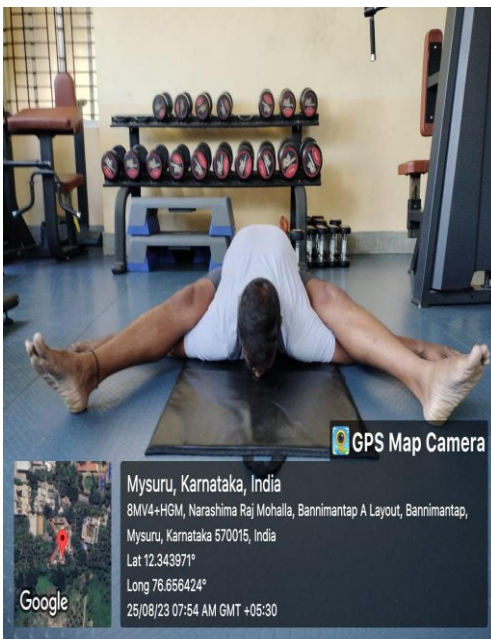
## 16) FIT India Pledge on the occasion of “National Sports Day 2023”

NSS Unit JSS College of Pharmacy, Mysuru in association with sports coordinator JSSCPM organized Fit India Pledge during National Sports Day on 24<sup>th</sup> August 2023. To grace this occasion. Dr T.M Pramod Kumar, Principal & Dean JSS College of Pharmacy, Mysuru, Dr Rakshith, NSS Programme officer, Dr Yogish Kumar and Dr Siddartha, Sports coordinators, Mr Umesh, Gym instructor, Teaching staff and students were present to take the FIT India pledge.



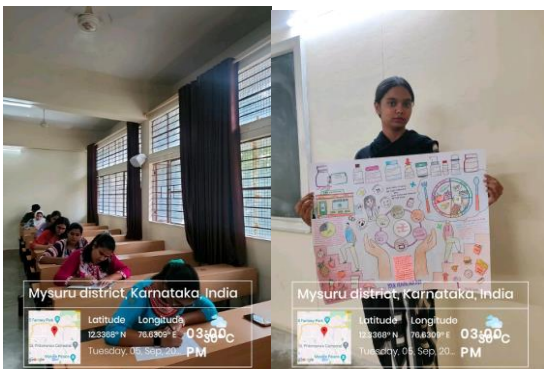
## 17) Yoga session on the occasion of National Sports Day 2023.

NSS Unit JSS College of Pharmacy, Mysuru in association with sports coordinator JSSCPM organized sports and fitness activities as part of the Fit India Mission on 24<sup>th</sup> August 2023. The Nation Day was celebrated to mark the birth anniversary of Hocky legend, Major Dhyan Chand. The sports events such as, yoga was held on 25<sup>th</sup> August 2023. The participants received Fit India certificate from the Ministry of Youth Affairs.



## 18) Drawing competition on the occasion of nutrition week.

NSS Unit JSS College of Pharmacy organized drawing competition on the occasion of nutrition week on 6<sup>th</sup> September 2023. During this occasion the students from Diploma in pharmacy, doctor in pharmacy, bachelor in pharmacy participated actively. The best drawing was given certificate and prize.



## 19) BCLS Training on the occasion of 108<sup>th</sup> Jayanthi celebration.

NSS Unit JSS College of Pharmacy celebrated 108<sup>th</sup> Jayanthi of Dr Rajendra Swamiji on 9<sup>th</sup> September 2023. During the celebration our NSS Volunteers underwent BCLS Training in JSS Medical college and Hospital. Over all the program was useful for our NSS Volunteers.



## 20) Constitution's preamble- reading event

15<sup>th</sup> September 2023 is considered as constitution day which is being celebrated across the country. The NSS Unit JSS College of Pharmacy, Mysuru Organized Oath Taking ceremony at Sri Rajendra Auditorium. All the stake holders, Principal, Vice principal, Assistant administrative officer, teaching, non-teaching staff, contact cleaners, cooks, students and NSS Volunteers took oath on this occasion.



## 21) Awareness & Sensitisation Program on 'Importance of Reporting of Adverse Drug Reaction' – In Community Settings

As a part of celebration of 'National Pharmacovigilance Week 2023', The Regional Training Centre for South Zone – PvPI located at Department of Clinical Pharmacy, JSS Hospital, Mysuru in association with National Coordination Centre, Pharmacovigilance Program of India (PvPI), Indian Pharmacopoeia Commission, Ghaziabad AND Special Interest Group (SIG) – Quality & Safe Use of Medicine in



association with NSS Unit JSS College of Pharmacy. conducted an Sensitisation & Awareness Program on 'Importance of Reporting of Adverse Drug Reaction' on 20th September 2023. for the benefit of Community Pharmacists and Consumers / Public of Mysuru city. The program was organised to create an awareness and inculcate ADR reporting culture amongst community pharmacists and consumers /public



## 21) G 20 University Connect Event.

As you are aware, India has achieved great success in the G20 University connect program. The University connect program was led by the Research & Information System for developing countries (RIS), New Delhi and was supported by G20 Secretariate. The NSS Unit JSS College of Pharmacy organized a live streaming program on G 20 university connect on 26<sup>th</sup> September 2023 at Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru. The Hon'ble Prime Minister interacted virtually with the Vice Chancellor, Principals, faculty members and students of Constituent Colleges of JSS Academy of Higher Education and Research.



## 22) Swachhatha Hi Seva

The NSS Unit JSS College of Pharmacy Organized Swachh Atha Hi Seva Program on 1st October 2023. As we all know, the Government of India started the initiative to make Clean India Better India in which crores of Indians participated from 1st October to 2nd October 2023. The aim of this program was to disseminate the importance of a Sampurna Swachh Bharath to reinforce the concepts of sanitation as



everyone business. The staff and students from JSS College of Pharmacy Mysuru were actively participated on 1st October 2023 from 9.30am to 11.30am. The program was inaugurated by commissioner, deputy mayor and regional corporator of Mysuru city corporation. The 30 NSS Volunteers from JSSCPM were actively participated in Swachh Atha Hi Seva program to make grand success.



## 27) Debate Competition on 33% Women's Reservation

NSS Unit JSS College of Pharmacy, Mysuru Organize a debate competition as a part of NSS Day celebration on 10<sup>th</sup> October 2023 with the theme of 33% Women's Reservation. A Total of 30 Students participated from the constituent colleges of JSS Academy of Higher Education and Research. The Judges for this competition are **Dr Mahalakshmi A.M Assistant Dean, Bureau of Quality and Statistics, JSSAHER, Mysuru** & **Dr Diya A KurthuKoti, Associate Professor, Department of Health System & Management Science**. During the competition various points on women's reservation were addressed & 3 Students from JSS College of Pharmacy, Mysuru secured 3 Prizes.



## 28) Demonstration and Usage of Fire Extinguisher at Basket Ball Court

The NSS Unit JSS College of Pharmacy, Mysuru Organized demonstration and Usage of Fire Extinguisher at Basket Ball Court on 10<sup>th</sup> October 2023. The Fire Extinguisher was installed and demonstrated by Mr. Satyanarayana from M/S Fire Cools, Mysuru. The installation process was carried out by explaining different types of fire (Type A, B, C, D) to our teaching, non-teaching staff and our NSS Volunteers followed by mock drill process by our teaching, non-teaching staff and NSS Volunteers. Overall, the event was successful.





## 29) Live Telecast Meri Matti Mera Desh National Event

NSS Unit JSS College of Pharmacy, Mysuru in association with Ministry of Youth Affairs and Sports Organized a live Telecast of Meri Matti Mera Desh National Event on 31<sup>st</sup> October 2023 at Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru. The event was graced by Hon'ble Prime minister of India from 5pm to 6pm. During this event all the NSS Volunteers watched the live streaming of Meri Matti Mera Desh National Event.



## 30) Anti-Corruption Pledge taking Activity

The NSS Unit JSS College of Pharmacy, Mysuru in association with Office of the Deputy Commissioner, Mysuru District organized Anti-Corruption Pledge taking activity on 31<sup>st</sup> October 2023. Central Vigilance Commission is observing the Vigilance Awareness Week from 30<sup>th</sup> October 2023 to 5<sup>th</sup> November 2023 with the theme: **“Say no to corruption; commit to the Nation. A** as part of vigilance awareness week 2023 commenced with administering of the integrity pledge to the 50 NSS Volunteers at Seminar Hall, JSS College of Pharmacy, Mysuru at 4.40Pm.



### 32) Health Screening Camp

As a part of 62nd National Pharmacy Week Celebrations, Indian Pharmaceutical Association (IPA), Mysuru local branch, Mysuru in association with Department of Pharmacy Practice and NSS Unit of JSS College of Pharmacy, Mysuru organized a Health Screening Camp on 04th November 2023 at JSS Old age home, Aravind Nagar, Mysuru. The aim of the health screening camp was to sensitize the inmates about the importance of regular monitoring of health and safe use of medications. During the camp, interested inmates were screened for blood pressure and blood glucose levels. A total of 45 people were monitored for their blood pressure and blood glucose levels. At the time of monitoring, 21 inmates were found with elevated blood glucose level and 28 inmates were found with elevated levels of blood pressure. Inmates 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.



### 33) Blood donation Camp

NSS Unit JSS College of Pharmacy in association The Indian Pharmaceutical association (IPA), Mysuru local branch, Mysuru in association with JSS College of Pharmacy, Mysuru organized a Blood donation camp on the occasion of 62nd National Pharmacy Week Celebrations on **06th November 2023**. The program was inaugurated by Dr. Sushma, Senior Resident, JSS Hospital, Mysuru. 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 a total of 50 units of blood were collected from the student and staff volunteers.



### 34) Plant Sapling

As a part of 62<sup>nd</sup> National Pharmacy Week Celebrations in association with Indian Pharmaceutical Association, Mysuru Branch & NSS Unit of JSS College of Pharmacy, Mysuru on 07<sup>th</sup> November 2023 Organized Plant Saplings in the college premises. The program started by planting the first sapling in the college garden by Dr. T M Pramod Kumar, President, IPA Mysuru local branch, Mysuru & Principal, JSS College of Pharmacy, Mysuru. The plants were planted by teaching staff and students across the campus and then watered by gardeners of the college. The objective of plant sapling was to develop a climax ecosystem free of greenhouse gases to reduce global warming.



### 35) Cancer Awareness Program and Safe use of medications

As a part of 62<sup>nd</sup> National Pharmacy Week celebrations, Indian Pharmaceutical Association (IPA), Mysuru local branch, Mysuru in association with Department of Pharmacy Practice and NSS Unit of JSS College of Pharmacy, Mysuru organized an Cancer Awareness Program and Safe use of medications on 07<sup>th</sup> November 2023 at three different locations Viz., Sri Shivarathreshwara nagara, Bannimantap and Hanumantha nagar between 10.30 AM and 01.30 PM. The aim of the awareness program was to sensitize the people about the cancer and safe use of medications which was well received by the public.



### 36) Guest lecture on Awareness on HIV

NSS Unit JSS College of Pharmacy, Mysuru in association with department of pharmacy practice organized a guest lecturer on “Awareness on HIV” on 1<sup>st</sup> December 2023 at Sri Rajendra Auditorium. The Speaker for the guest lecture was Dr Rajendra Prasad, Associate Professor, Department of general medicine, JSS Hospital, Mysuru. During his session Dr Rajendra Prasad sensitized our students on HIV Transmissions, Epidemiological status, Risk factors and newer treatment approaches. This guest lecture was very useful for our students



### 37) Viksit Bharath@2047 Utsav

NSS Unit JSS College of Pharmacy, Mysuru in association with ministry of Education’s Innovation Cell organized live telecast of Viksit Bharath@2047 Utsav on 11<sup>th</sup> December 2023 at Sri Rajendra Auditorium JSS College of Pharmacy, Mysuru. The event was inaugurated by our Hon’ble prime minister Shri Narendra Modi. Teaching, non-teaching staff, NSS Volunteers watched the program. The Viksit Bharat@2047 is the vision of the Government of India to make India a developed nation by 2047, the 100th year of its independence. The vision encompasses various aspects of development, including economic growth, social progress, environmental sustainability, and good governance.



## 38 ) Live telecast “National Youth Day Festival Inauguration-2024.

NSS Unit JSS College of Pharmacy, Mysuru organized a Live telecast of Hon’ble prime minister Speech on the “National Youth Day Festival Inauguration-2024 on 12<sup>th</sup> January 2024 at Sri Rajendra Auditorium JSS College of Pharmacy. During the occasion Principle, Vice Principle, Assistant Administrative officer, Teaching staff, non-teaching staff grace the occasion.



## 39. 75<sup>th</sup> Republic Day celebration

The NSS Volunteers with the other students of the constituent college actively participated in the celebration of Republic Day at JSS Academy of Higher Education and Research Campus SS Nagar, Mysuru.



## 42. Exhibition of Poison information center at Suttur Jathra Expo 2024

Suttur Jathra festival was celebrated for six days between 06-02-2024 to 11-02-2024 at Sri Suttur Srikshetra where more than thousand people visited the Jathra celebrations during these days. The JSS College of pharmacy, Mysuru had put up an Exhibition stall in the Suttur Jathra festival showcasing the various courses and activities of different departments of JSS College of Pharmacy, Mysuru in the Suttur

Jathra Exhibition. It was inaugurated by His Holines Jagadguru Sri Shivaratri Deshikendra Mahaswamij 06-02-2024 at 04:00 PM.



More than thousands of people /devotees visited the stall everyday and they were educated on the various courses offered by the college, the minimum qualification required to join the course and various job opportunities available for pharmacists were highlighted to them.

The public /devotees were also educated on the role of each department of the college and their goals and objectives and their importance were explained to them. The public were also educated on safe use of medicines, Safety precautions to be taken on using medicines in elderly population, how to safely store the medications away from the reach of children's. The farmers were educated on how to safely use the pesticides and what are the preventive/precautionary measures to be followed to avoid the toxicity while using pesticides for farming. General public were informed about the various activities carried out at department of pharmaceutical chemistry related to Modern research and innovation of new drug molecules and the different steps followed to discover a new drug. We explained about the different types of pharmaceutical preparations which are discovered by pharmaceutical chemistry department and developed to various types of new formulations by using different methods of manufacturing of these different pharmaceutical dosage forms.



General public were informed about the various activities carried out at department of pharmaceutical chemistry related to Modern research and innovation of new drug molecules and the different steps followed to discover a new drug. We explained about the different types of pharmaceutical preparations which are discovered by pharmaceutical chemistry department and developed to various types of new formulations by using different methods of manufacturing of these different pharmaceutical dosage forms. Educated the general public on recent advances and various tests carried out to check the safety and efficacy of various types of dosage forms which are developed by the pharmaceuticals department by testing these formulations or dosage forms and identify their toxicity and effectiveness in animals before



they are suitable to be used by human beings. We highlighted and educated the general public on various types of new pharmaceutical preparations which are also available in the nature from plant origin, Animal origin, mineral origin and synthetic origin. The modern process of extraction of these medicines from these resources and about various types of medicinal plants which are available in nature. We Created awareness among the general public on various services rendered by our department. We educated the general public on various diseases and its management by orally explaining to them and also by providing the patient information leaflets on 14 types of disease conditions generally seen like Diabetes Mellitus, Hypertension, Asthma, Rheumatoid Arthritis, COPD, Peptic Ulcer Disease etc.,

We also created awareness about & Poison Information Centre & Its services like providing poison information and treatment protocol to the doctors for management of different types of poisoning cases, first aid treatment for different types of poisoning substances and its toll free Number and the Google Play App where you can get access to different types of Poison treatment protocol and 24 hours' free services provided by poison information centre.



Feedback or Suggestions were collected from all the people/farmers /villagers and majority of them had given their opinion as the information provided was useful and helpful for them. The village people and the farmers were keen on the Poison Information Centre present in our hospital and informed that they would call up the toll free number of Poison information centre and collect the information on Various First aid Measures for Snake bite, Accidental Poisoning, Suicidal Poisoning etc., and also on various information on poisonous substances. Each department staff and students were posted for duty in the exhibition stall and they highlighted their duties and responsibilities to the general public. The Suttur Jathra Exhibition committee honored us for active participation and actively involving in educating and creating awareness in general public during the Suttur Jathra-2023 and rewarded our college with an appreciation certificate for participating and educating and creating awareness among the public who visited the Suttur Jathra Exhibition.

### 43. International womens day celebration 2024.

On the occasion of the International Women's Day (March 08<sup>th</sup>) celebration, Internal Compliance Committee (ICC) of JSS College of Pharmacy Mysuru organised a women's day program on March 12<sup>th</sup> 2024 in Sri Rajendra Auditorium with a theme, "**Invest in Women: Accelerate Progress,**" highlighting the critical role of investing in women for economic prosperity and a healthy planet. The program was hosted and welcome address was delivered by Jithen shibu of 1 M pharm , followed with the invocation song by Ms. Harika and a team of 1<sup>st</sup> B.Pharm and welcome dance by Ms Sandra of 4<sup>th</sup> Pharm D. We were privileged to have Dr. Usha Krishna Kumar as our Chief Guest. We had guests of Honor Mrs. Kokila,



Deputy Registrar, JSSAHER, Dr. Anushree, Administrative Officer, JSS dental college, Mrs. Divya Shree, Administrative Officer, JSSCPM and Dr. S N Manjula, chairperson of IJSSICC to grace this occasion along with all the PhD scholars, teaching and non-teaching staffs from all the constituent colleges under JSSAHER



#### 44. India's Techade-chips for Viksit Bharath

NSS Unit JSS College of Pharmacy, Mysuru in association with university grants commission organized live telecast of India's Techade- chips for Viksit Bharath on 13<sup>th</sup> March 2024 at Sri Rajendra Auditorium JSS College of Pharmacy, Mysuru. The event was inaugurated by our Hon'ble prime minister Shri Narendra Modi. Teaching, non-teaching staff, NSS Volunteers watched the program. India is known as an IT hub and now it aims to take lead in Artificial intelligence, Semicon design and production, quantum computing etc. India's Techade signifies India's dedication to embracing the digital age to ensure sustainable development, create new job opportunities, enhance quality of life, and establish a strong presence in the global technology landscape.







## NSS Regular Activities

### NSS UNIT IV- JSS College of Pharmacy, Ooty

NSS regular activities from 1<sup>st</sup> April 2023 to 31<sup>st</sup> March 2024

1. 1.06.2023

International Yoga day:

The International Yoga Day 2023 with the Theme 'Yoga For Vasudhaiva Kutumbakam'. Was organized by the NSS volunteers at the college auditorium. Ms Sumathi Healer and Yoga trainer addressed the gathering about importance of Yoga and showcased few important asnas for the wellbeing of the body to be healthier. Our NSS volunteers participated in the event.



2. 14.07.2023:

Awareness on importance of menstruation, maternity and mental health:

An awareness program at Anaikatti tribal village was inaugurated on 14-07-2023 at 10 am by Dr S.P. Dhanabal, Principal, JSSCP, Ooty. Dr Gomathi Swaminathan, Lecturer, and Organizing Secretary delivered the welcome address. Dr R. Kalirajan, Associate Professor & Head highlighted the importance of menstruation, maternity and mental health awareness and explained the programme. Dr B. Babu, Assistant Professor & NSS Co-Ordinator, addressed about Programme in Baduga Language. Mr P. Parthiban, Scientist/ Engineer SE, Flight Dynamics Group, U. R. Rao Satellite Centre, Indian Space Research Organization (ISRO), Bengaluru briefed about the importance of women's health during menstruation and pregnancy among rural people and Dr Brindha Suresh, Assistant Professor - I, Department of Education, SASTRA Deemed to be University, Thirumalaisamudram, Thanjavur delivered a talk on needs of diets during menstruation and maternity. The internal experts are Dr S. Jubie, Associate Professor, Dr N. Jawahar, Associate Professor (Treasurer-APTITN State Branch), Dr GNK. Ganesh, Associate Professor, (Secretary – IPA Nilgiris Local Branch) & Mr C. Jayakumar, Assistant Professor, JSS College of Pharmacy, Ooty briefed about the diets, stress management and promoting mental health during menstruation and mental health. Dr L Priyanka Dwarampudi, Lecturer, Organizing Secretary interacted with delegates about program outcomes About 78 delegates (Tribal people) from Anaikatti participated actively and all sessions went interactively with high appreciation by all delegates and the Anaikatti village head Mr. Shankar. 5

## Glimpses of Second Day Awareness Programme (14.07.2023)



### 3. 15.08.2023:

#### Independence Day Celebration:

JSSCP, Ooty - the 77th Independence Day Celebrations were held colorfully on 15.08.2023 at the College Square. Sri Mahesh M Mudda, Managing Director & CEO, Jasdanwalia Group, Mumbai & President, All India Veerashaiva-Lingayat Mahasabha, Mumbai hoisted the flag and rendered the Chief Guest address. Also Smt Uma Mudda graced the occasion. Cultural programs by the students depicting patriotism, and diverse culture of the nation were witnessed & applauded by the gathering.

Sri Basavanna, AO honored the guest, Dr Arun KP, Vice-Principal welcomed the gathering, Dr Babu B, NSS Coordinator proposed vote of thanks and Mr Shivaprasad, PET in association with NSS volunteers of III BPharm & III PharmD made elaborate arrangements for the successful event. The happiness was shared with all by distribution of sweets.

To commemorate the celebration, floral saplings were planted on the campus. And "Meri Matti Mera Desh" Oath was taken during the function.



#### 4. 13.09.2023 Blood donation camp.

A blood donation camp was organized jointly with the Government head quarters hospital, Ooty. The camp was inaugurated by the Health Minister of Tamil Nadu Mr. Ma. Subramanian about 20 NSS volunteers took part in the event and donated blood. There were also other public participants in the event. The minister spoke on the governmental initiatives in the welfare of the society. The Block Health inspector Mr. Jagdeesh coordinated the event and congratulated the volunteers for coming forward for the good cause.



#### 5. 15.09.2023 Awareness on formation of Constitutional Day.

To remember The Constitution of India a pledge was taken by the NSS volunteers to create an awareness to the volunteers on the constitution of India by the NSS program officer.



#### 6. 19.09.2023 Water Channel cleaning at Marlumund Bowta forest dam on safe and water for all.

Today as part of 108th Jeyanthi celebration activity the NSS JSSCPO carried out a water channel cleaning at Marlimund Bowta forest dam which is one of the source of drinking water supply to the ooty town from Khandal, Fingerpost, Thalikulundha, Churchill and many village's around the forest area. The activity was carried out jointly with Ooty Municipal department Mr.Shanker Assistant Engineer had Co ordinated the activity. This is 3 kilometres stretch channel where the water starts from bowta forest top hill and with the help of the channel the water is taken to Marlimund dam.The NSS volunteers from 3rd B.Pharmacy about 40 students 28 boys and 12 girls and NSSPO Dr.B.Babu participated in the activity .The activity is one such beneficent to the local community of the region for providing drinking water source.We thank our beloved principal Dr.S.P.Dhanabal for the opportunity. We also thank Mr.Sekar and Mr.Panchu who were with us from Municipal department in assisting us to carry out the work.



**7. 1.10.2023 Swachhata awareness activity on cleanliness by NSS Volunteers.**

The NSS Unit of JSS college of pharmacy ooty carried out the Shramdaan for Swachhata activity at the college premisis. About 20 NSS volunteers took part in the event and a campus clean drive was initiated at the campus an initiative to be started at our own daily places of usage. Here the volunteers cleaned the campus and sensitized on the awareness on cleanliness is godliness.



**8. 17.10.2023 Public management on the occasion of “Navratri celebration” at Edapalli Sathya Sai temple by NSS volunteers.**

The NSS unit of the college participated in the Navrathri celebration at Sidhagiri Sathya sai temple Yedapalli on 15.10.23 and 16.10.23. The volunteers took part in the event and carried out activities such as croud management, distribution of anna prasad to the devotees, organizing navrathri pooja at the

temple Yaga salas. The function was graced by the presence of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji of suttur matt Mysuru and Sakthimayee of sidhagiri darmashethra yedapalli and Dr.S.P.Dhanabal Principal JSS College of pharmacy Ooty and Mr. Prajwal AAO of JSS Ooty.About 40 volunteers participated on both the days. The volunteers were been blessed by His Holiness swamiji and appreciated there services carried out. His Holiness enjoyed and tuned to the traditional baduga dance by the devotees.



## 9. 1.12.2023 AIDS awareness rally.

Today being the world AIDS day, the NSS unit of the college took part in the awareness rally jointly organised by the district health department creating an awareness on aids and taking pledge to support people who are affected. The rally was flagged off by the district collector Madam Sri.Aruna and other government officials, medical college Dean and faculty members were present. We thank u for the opportunity sir.



## 10. 25.01.2024 Thaipposam at Elk Hill Murugan temple:

The NSS Volunteers participated in the Thaipposam at Elk Hill Murugan temple on 25.01.24 in an attempt to regularize the traffic, pilgrims and distributing the prasadam. About 40 NSS Volunteers participated in the event.



## 11. 26.01.2024 - 75th Republic day

Celebrated 75th Republic day at the institution. Dr.P.Kanagambal, Professor & HOD Dept of History Govt Arts College Ooty was the Chief guest of the function and Ms.Kopa Kowa Theodora Deputy Health of centre laboratory of Phytochemistry Cameroon was the Guest of Honor. The Principal Dr. S.P.Dhanabal welcomed the guests and addressed the gathering of the day. The vote of thanks was delivered by The NSS programm officer Dr.B.Babu. The function was attended by many staffs supporting, admin NSS volunteers and AO Flag hoisting, speech and patriotic song by NSS volunteers and sweet distribution were the events of the day.



## 12.02.2024 – Hundi counting and Preserving the biosphere from plastics at Bokapuram temple Masinagudi:

The NSS volunteers participated in the hundi counting at Bokapuram temple Masinagudi and also carried out the removal of plastics to preserve the biosphere of the forest and protect the animals and forest from these contamination of the biosphere. Mr.Rajesh EO of the temple co ordinated the activity and around 30 volunteers and Dr.B.Babu NSS Programm officer participated in the activity.



## 12. 17.02.2024 - Awareness rally on National Anti corruption and Vigilance Movement:

Today the NSS volunteers took up a awareness rally jointly organised by BS Hospital Ooty on "National Consumer Protection Rights Movement and National Anti corruption and Vigilance Movement" from ATC to Charing Cross and sensitized the public on Consumer protection and corruption. We thank for the opportunity sir.



## NSS Regular activities

### NSS Unit V- School of Life Science, Mysuru

#### 1. Eco Walkathon on World Environment Day:

NSS University Departments' Unit, NCC Unit, and Dept of Environmental Science organized an Eco-Walkathon on the occasion of World Environment Day 2023. The theme of Walkathon was Plastic pollution.

This Walkathon started from School of Life Sciences, JSS Academy of Higher Education and Research, Mysuru at 8:00 AM and was flagged off by Prof. Raveesha K A., Dean and Head, School of Life Sciences JSS Academy of Higher Education and Research, Mysuru. The walkathon was conducted for 3 kilometers in the vicinity of the University and 80 students participated in this program of which 40 NSS volunteers. Followed by this breakfast was provided and the students dispersed at 9 30 AM.



Flagging Off by Prof. K A Raveesha K A., Dean and Head, School of Life Sciences JSS Academy of Higher Education and Research, Mysuru

#### 2. World Donor Day 2023

JSS AHER University Departments' NSS unit conducted an online e-Poster competition on the occasion of World Blood Donor Day 2023 along with JSS Hospital. 10 participants presented in this competition and three winners are selected from faculty at SLS for prize.

The prize winners are

| Position | Name and Details  | Link of Poster  |
|----------|---|---|
| First    | Shruthi<br>1 <sup>st</sup> Year<br>MBBS, JSS<br>Medical<br>College,<br>Mysuru                 | <a href="https://drive.google.com/open?id=1M-Zq5pCurH2IhLCGwM4s-mQGSIJ0ky76">https://drive.google.com/open?id=1M-Zq5pCurH2IhLCGwM4s-mQGSIJ0ky76</a> |
| Second   | Prathna N<br>Sahetya<br>1 <sup>st</sup> Year<br>MBA, Dept<br>of Health<br>System<br>Managemen | <a href="https://drive.google.com/open?id=1SUfBjhHiF8KIVqWRFdJNWL46CGxsYsFW">https://drive.google.com/open?id=1SUfBjhHiF8KIVqWRFdJNWL46CGxsYsFW</a> |



|       |  |   |
|-------|--|---|
|       | t Studies  |   |
| Third | Magesh Rangasamy<br>1 <sup>st</sup> Year<br>MBA, Dept<br>of Health<br>System<br>Managemen<br>t Studies | <a href="https://drive.google.com/open?id=1dPLcTukFTfYICPvd2MSeA6HFpUNmGYUO">https://drive.google.com/open?id=1dPLcTukFTfYICPvd2MSeA6HFpUNmGYUO</a> |

### 3. International Democracy Day Celebration

International Democracy Day was celebrated by SLSM-LSD NSS unit on 15<sup>th</sup> September 2023 by reading the preamble of Indian Constitution. 70 students and 55 faculties of the SLSM-LSD participated in this event. NSS Program Officer, Dr. Vadiraj K T organized the gathering and Prof K A Raveesha, Head, SLSM-LSD delivered the oath the gathering.



### 4. International Microorganism Day

NSS volunteers of School of Life Sciences, Mysuru attended a walkathon organized by Department of Microbiology on the occasion of International Microorganism Day on 24th September 2023 at Mysore palace. Office bearers of university were present at location and the walkathon was flagged off by the Honorable Superintendent of police of Mysore district. Volunteers actively participated, received medals and certificates for their participation.



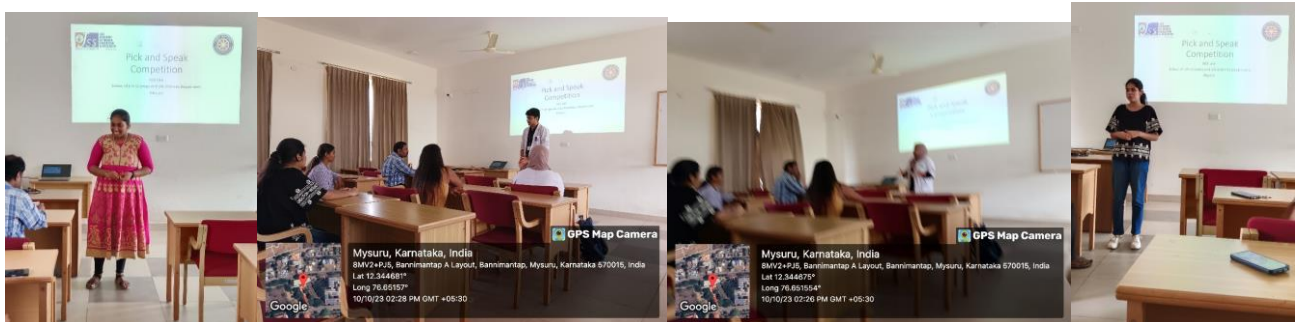
### 5. Swachhata Abhiyan.

Swachhata Abhiyan was organized from the School of Life Sciences, Mysore on 01.10.2023 more than 100 participants were involved in the cleaning drive at the JSS AHER campus and was very much appreciated by the authorities. NSS coordinator Dr. K L Krishna and Prof. KA Raveesha Head, School of Life Sciences, Mysore also participated in their activity and appreciated the initiative.



## 6. Pick and Speak Competition from School of Life Sciences.

On the occasion of NSS day celebration at the University School of Life Sciences, Mysore conducted pick and speak competition on 10th of October 2023 at new building of School of Life Sciences, Mysore. NSS volunteers from Medical College, dental college and School of Life Sciences participated in this competition and Tanisha Hanan from dental college, Amrutham from Medical College received first and second prizes respectively.





**NSS Regular Activities**

**NSS UNIT VI- Department of Health System Management Studies, JSS AHER, Mysuru**

**31<sup>th</sup> May 2023**

**1. WORLD TOBACCO DAY-2023**

World No Tobacco Day-31st May Department of Health System Management Studies, JSSAHER NSS unit in association with JSS Hospital Organised “World No Tobacco Day” on 31st May 2023 to spread awareness on Stop using Tobacco Products.

Dignitaries from the Hospital Dr. CP Madhu, Medical Superintendent, Mr. Lokesh N, Administrative Officer , Dr Mamatha HK, Dean and Coordinator of the Department of Health System Management Studies, and other dignitaries were present for the Inauguration.

Dr. Shwetha Shree and Dr. Kishore delivered talk about the ill effects and about Consequences of Tobacco Consumption. The talk was very informative and delivered the message on stop using the Consumption of Tobacco Products.

Short Movies depicting the consequences of Tobacco Consumption were exhibited to the audience and received great appreciation. Team Members of the Short movie were congratulated and appreciated by Dr. HK Mamatha Dean and Coordinator.

An attractive and message-oriented Role play was performed by students the students were dressed as Yamraj (God of Death) and others posed for the various Tobacco Products and explained why not to consume the Tobacco Products. It was appreciated and given applause by the public.



**2. World Environment Day June 5<sup>th</sup> -2023**

Department of Health System Management Studies -NSS Unit

World Environment Day was celebrated on June 5th, 2023, with full enthusiasm and drive towards the conservation of Nature Jointly by the Department of Health System Management Studies and NSS Unit of the Department of Health System Management Studies and Nutrition and Dietetics. Dr CP Madhu Medical Superintendent of JSS Hospital was the Chief Guest. Guests of Honour were Dr. TS Harsha Assistant Professor, KSOU, Dr. HK Mamatha, Dean and Coordinator, Department of Health System Management Studies, and Dr. Vanitha Reddy, Coordinator of Nutrition and Dietetics were present.

The saplings were planted on this occasion to embark on the concept of Vanamahotsava by Dr HK Mamatha, Dean and Coordinator Department of Health System Management Studies.

Quiz Competition on World Environment Day was Organised and Students were actively Involved and Participated



Dignitaries were presented with Green Saplings with the concept of Go Green for a Better Environment



A short Movie on Solutions to Plastic was Projected on the Occasion by Students of the Department of Health System Management Studies



### 3. Constitution Day Celebration-September 15<sup>th</sup>, 2023

Constitution Day celebration was done on 15/09/2023 and the pledge was taken by students un in uphold the ethics of the Constitution. Dr Mamatha Dean of Management Studies addressed the need and significance of constitution day and also stressed the need to follow our constitution after students taking pledge students spoke on the various aspects of the constitution day significance



### 4. Swachhata Hi Seva-October 1,2023

Swachata Abhiyan was organized from the Department of Health System Management Studies on 01.10.2023 more than 100 participants were Involved in the cleaning drive and was very much appreciated from the authorities

#### Swachhata Hi Seva



### 5. Panchapran Pledge ,13 October 2023

The Panchapran Pledge was organized by the Department of Health System Management Studies, JSSAHER ON 13.10.2023 some of the glimpses of the Panchapran Pledge were captured students took the pledge on this day and they promised to be the committed citizens to serve the country



Panchanran Pledge



## 6. Blood Donation Camp:21/10/2023

A blood Donation camp was organized on 21.10.2023 at JSS Hospital Agrahara across the university more than 70 volunteers participated and donated blood voluntarily. Dr Pallavi formally inaugurated the blood donation camp and spoke on the significance of blood donation and how blood donation could save the lives of many patients and also spoke about the clinical aspects of blood donation later students and including even some of the general public came forward and donated the blood more than 75 units of Blood were collected



## NSS Regular activities

### NSS YNUT VII- School of Life Sciences, JSS AHER, Ooty

#### List of NSS activities done for the year 2023-24

#### 1. Campus Cleaning (05/06/2023)

To celebrate World Environment Day, National service scheme (NSS) of JSS School of Life Sciences, Ooty had initiated a program to set a step towards a clean environment with a programme of cleaning the campus. Along with the other areas in and around the campus, the weed covered ground was completely cleaned to make way for a good vegetative environment for the growth of healthy plants. The programme was planned in two phases, in the first phase it was to clean the campus and select place for herbal garden. In the second phase it was decided for plantation of herbal plant. The event was overseen by our Head Dr. MJN.Chandrasekar, NSS Programme Officer Dr. S Nishu and NSS Assistant Programme Officer Dr. Vanitha B. A sum total of 58 NSS Volunteer students actively took part in the event.



#### 2. Dental Camp (16/April/2023)

National Service Scheme (NSS) unit of School of Life Sciences (Ooty campus) conducted a Dental Camp on April 16, 2023 at School of life sciences ooty campus. The camp was conducted along with Indian Dental Association (IDA). The NSS team included, Professor & Head Dr. MJN. Chandrasekar, NSS Programme officer Dr. S. Nishu, Assistant Programme officer Dr. B. Vanitha, 30 NSS Volunteers. The team of dentists includes Dr. Vikash Raghavan, Dr. Sajini Devi, Dr. Neha and Dr. Nivasini.

About 115 students, 12 faculties, 2 ministerial staff and 50 local public were benefitted from the Camp.



#### 3. Independence Day

National service scheme (NSS) of JSS School of Life Sciences, Ooty celebrated Independence day by conducting various programs which include, patriotic songs, solo dance, group dance. The event was overseen by Head Dr. M.J.N.Chandrasekar, NSS Programme Officer Dr. S Nishu and NSS Assistant Programme Officer Dr. Vanitha B. A sum total of 30 NSS Volunteer students actively took part in the event.



#### 4. Fit India Movement (25/08/2023)

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. In order to spread the message of Fitness and importance of physical activities, the NSS unit of School of Life Sciences (ooty campus) conducted several sports which include Koko for boys and girls, football match for boys and also oath was administered to all the player by the NSS programme officer (Dr.Nishu). Total of 100 students participated; the event was supervised by Head Dr. M.J.N.Chandrasekar, NSS Programme Officer Dr. S Nishu and NSS Assistant Programme Officer Dr. Vanitha B.



#### 5. Street Play- On Road Safety (National Safety Day) (04/03/2024)

The NSS unit of school of Life Sciences Ooty, organized a street play to celebrate the National safety day, the programme took place at ATC circle, Ooty town. The NSS Volunteers performed a street play to spread the message of Road safety, the street play act showed the importance of following the rules and regulation of traffic, importance of wearing helmet and also the message of rash driving. The street play include 30 NSS Volunteers who were in the act and rest all the volunteers were involved in the crowd managing. The event was over looked by the inspector of Ooty town zone Mr. M. Velraj, the head SLS ooty Dr.Chandrasekar, NSS Programme officer Dr.S.Nishu, Asst Programme officer Dr B.Vanitha.





## 6. Community service- Shiven temple (Thulasi Mutt), ooty (08/03/2024)

The NSS Volunteers of school of Life Sciences Ooty campus took part in the community service at thulasi mutt (Shiven temple) on the occasion of Maha Shivratri. Our 30 NSS Volunteers were involved in the crowd management, food serving and temple cleaning. The event was over looked by the temple community members, the head SLS ooty Dr.Chandrasekar, NSS Programme officer Dr.S.Nishu, Asst Programme officer Dr B.Vanitha.



## 6. Training on basic life support with association with Apollo hospital

NSS unit of school of life sciences Ooty campus conducted training programme on basic life support in association with Apollo hospital Chennai for all the UG students. NSS volunteers were involved in organizing the event; trainers from the Apollo hospital gave live demo on the NSS Volunteers. Around 70 UG students along with 30 NSS Volunteers participated in the event. The event was over looked by the temple community members, the head SLS ooty Dr.Chandrasekar, NSS Programme officer Dr.S.Nishu, Asst Programme officer Dr B.Vanitha. At the end of the training session, certificates of participation were given to all the NSS Vounteers and other UG students.





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## **NSS Special Camping Activities**

**NSS Unit I: JSS Medical College, Mysuru**

### **NSS Medical Camp Report 2024**

**February 26th - March 3<sup>rd</sup> March –2024**

NSS unit of JSS Medical College, JSS AHER had organized an annual special camp from 26th February to-3<sup>rd</sup> March 2024 at various villages coming under Hosahalli and Palahalli Gramapanchayiti (Hosahalli, Mogarahalli, Karekura, Palahalli). Free health screening and treatment camp was conducted as part of the NSS annual special camp. The camp was organized and supported by JSS Medical College, under the JSS Academy of Higher Education and Research, Mysuru. All our activities are guided, directed, and supported by the principal Dr. H. Basavanagowdappa, and vice-principal Dr Suma N.M. and Dr. Praveen Kulkarni, JSS Medical College, Mysuru and Mr. Satish Chandra. Chief Administrative Officer, JSS Medical College, Mysuru.

Mrs. Shashikala S.D. panchayat development officer (PDO), Hosahalli Gramapanchayiti, Shreerangapptana taluk, Mandya district. was instrumental in obtaining the permission, planning, and executing the arrangements, giving publicity of camp, and providing the place for conducting the camp. During her inaugural remarks she reiterated the importance of medical camp especially in the rural areas at their door step and insisted the public to make right use of this unique opportunity. Decisions and support of PDO was unconditionally supported by Mr. Chalubaraju, president of Gramapanchayiti, and vice-president Mrs. Sumithra M.G. and all members and other office bearers of the village. It is worth mentioning here that Mr. Vivek a local popular leader from Mogarahalli, provided snacks, soft drinks, shamiyana, chairs, etc. He motivated all residents and school children to take part in the camp. On the request of head mistress of the Mogarahalli school, NSS unit JSS MC contributed the “First Aid Box” for the school.

Ms. Nishka Gupta, Ms. Mouli Mandal, Ms. Mridusmita Hazarika, Ms. Snigdha Muthyala, For the group I Ms. Ahana, Ms. Esha, Mr. Nagabhushan, and Ms. Navya K (Phase II MBBS) were designated as student co-ordinators who successfully and systematically organized the camp by joining hands with the NSS officers, doctors, and other students.

The medical health camp team involved Services offered by specialists from various departments including general medicine, obstetrician & gynaecologist, and paediatrics from JSS Hospital and Research Centre, Mysuru. and MBBS students of JSS Medical College, Mysuru. There were different counters, like Registration, screening complaints, recording the blood pressure (BP), testing random blood glucose levels (Blood Sugar), checking Height, Weight, and BMI, and one pharmacy counter was set up to dispense free medicine for all the patients who were prescribed medication by the concerned doctors. All these student volunteers catered their services at different medical counters and finally delivered prescribed medications through the pharmacy counter. Around 760 patients including the public and students from schools and Anganwadi benefited from the services offered during the free medical camp series; it mainly included many children, women, and the old-age population. Blood sugar (CBG) was tested in 280 patients, and free drugs were distributed to 643 patients.

Along with this, the students took the initiative to spread awareness about important issues like nutrition and its values, social hygiene, personal hygiene, the Right to Education, Child labour, Child marriage, and Beti Bachao Beti Padhao. 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 educating them through posters, flyers, and slogans. Students discussed with the villagers how to break various superstitions and stereotypes. Students divided themselves into 2 groups to talk to the students of both the primary and high schools.



They went to various classrooms and had interactive sessions with the children to enhance their understanding of these topics. The children in the schools were presented with posters and slogans that allowed them to comprehend the topic at their individual levels. The teachers appreciated the JSS students spreading awareness as the children can better relate to someone closer to their age than an authority figure. The residents of the village and school students were extremely receptive to the information being given to them.

Our second half of the camp activities co-ordinated by Ms. Ahana, Ms. Esha, Mr. Nagabhusan, and Ms. Navya K (Phase II MBBS) supported various works along with other students in the group. Our all activities were supported by the president, vice-president, members and PDO of Palahalli Gramapanchayiti. Our activities involved residents Mr. Ramachandra from Hosahalli, and Mr. Ramesh from Palahalli, their whole hearted support by all means stood as a strong base for overall work execution we are very much thankful for their support and involvement. On the final day of our medical camp, these students of JSS Medical College had the opportunity to visit St. Anne's Public School in Palahalli, Shreerangaptana Tq. These students took the lead in felicitating awareness for school kinds. JSS students divided themselves into small groups to talk to the students of both the primary and high schools. The children were educated about many topics including the importance of education, child labour, girl's education, child marriage, nutrition, etc. The JSS students went to various classrooms and had interactive sessions with the children to enhance their understanding of these topics. The children in the schools were presented with posters and slogans that allowed them to comprehend the topic at their individual levels. After interacting with these children, JSS students were able to better appreciate the importance of spreading awareness of these topics. While many children had some knowledge about the importance of their education, seeing college students gave them a sense of urge to pursue their goals in life. The teachers appreciated the JSS students spreading awareness as the children can better relate to someone closer to their age than an authority figure. The JSS students were very thankful for the opportunity to interact and inspire kids who can someday be in their shoes to inspire others. All these adjuvant services along with the patient registration counter were effectively managed by 50 NSS volunteer medical students from Phase II MBBS, in two slots each of 25, who were actively, responsibly, meticulously, and tirelessly involved in assisting these counters for all 7 days throughout the conduct of the camp. Overall, the camp turned out to be a fruitful learning experience for all the volunteers. It helped the medical students contribute their little part towards the objective of "making health care a demand, rather than a need", as rightly said by our respected Vice Principal, Dr. Praveen Kulkarni. This special rural medical camp activities were conducted under the supervision of NSS Programme Officer Dr. M.V. Ravishankar from JSS Medical College, Mysuru, and other faculty members from the Department of Biochemistry Mr. Venkatesh, Mr. Ananth, and Dr. Anshu Yadav, co-ordinated the whole event.

**NSS unit, JSS Medical College, AHER, Mysuru**

**“Special Medical Camp Activities” 2024**



**Concluding Remarks by Smt. S.D. Shashikala, Panchayat Development Officer, Hosahalli Gramapanchayiti, Shreerangaptana Taluk, Mandya District.**



**JSS Medical College AHER, conducted NSS “Free Medical Camp” at Hosahalli, Gramapanchayiti, Shreerangaptana Taluk, Mandya District. from 26<sup>th</sup> February -2<sup>nd</sup> March 2024. Inauguration and Inaugural address by Dr. Praveen Kulkarnai Vice-Principal, JSS Medical College, and Mr. Sathish Chandra, Administrative Officer, JSS Medical College, Mysuru.**



**Invocation song by Ms. Mridusmita Hazarika, Ms. Snigdha Muthyala,**



**Patient Registration Counter and Patient Screening**



**Blood Glucose Testing and Dispensing Medicines in the Pharmacy Counter**



**Students Handling the Pharmacy Section and Screening for BP**



**Door to door visit in the village to create public health awareness:**



**Examination of Patients by Paediatrician, Examination of Patients by Physician  
And Interaction with Female Patients**



**Health, Hygiene, and Nutrition Awareness Programme for School Children at St. Annes School, Plahalli.**



Valedictory Function at Palahalli, Chief Guest Smt. G. Vimala, President Palahalli, Gramapanchayiti. Shreerangapattana taluk, Mandya District.



**Donated First Aid Box to Mogarahalli, School.**

## NSS Special Camping activities

### NSS Unit II- JSS Dental College & Hospital, Mysuru

## NSS Annual Camp detailed report

### Day 1:

NSS Annual camp began at Hosahalli village, Mandya district on **26/02/2024**. This camp was organised by the NSS unit of JSS Dental College and Hospital under the guidance of the NSS Programme Officer, **Dr. Thippeswamy H.M.** The inauguration was held at the village at around 10:00 am. The program was presided by our beloved Principal **Dr. Dhakshaini M.R., Dr. Anushree S.M.**, Administrator, JSS Dental college and Hospital and **Mr. S.R. Sathish Chandra** - Administrator, JSS Medical college and Hospital, **Gram Panchayat Members. Dr. Thippeswamy H.M.** addressed the villagers to participate actively in large numbers in all camp programs scheduled to be conducted from 26-02-2024 to 03-03-2024. Dental screening of villagers began and large number of them presented themselves to the camp, total screening 145 and 28 treatments.



### Day 2:

On the **27/02/2024** the camp was held at Government School in Hosahalli, **Mandya district**. The screening was done by volunteers of NSS camp in the school and the free dental treatment was given in the mobile dental van. Total screening 157 and treatment 54. To mention a few awareness programmes like to maintain good oral hygiene, proper brushing techniques, harmful effects of tobacco chewing and few volunteers of NSS visited individual houses of the village and distributed pamphlets which clearly gave the information about oral hygiene in the local language. Treatments like GIC restorations, extraction, scaling were done. To receive additional treatments referral cards were given and patients were referred to **JSS Dental College and Hospital, Mysuru** for further treatment. Many people including school children received the treatment in the mobile dental van. Free medications and mouth wash were given to the villagers in order to encourage oral hygiene practices among them.



### Day 3:

On **28/02/2024**, the NSS Annual Camp was held in **Mogarahalli, Mandya district**. Dental screening and treatment were carried out among villagers and the government school children. Oral hygiene instructions and importance of tobacco cessation was imparted by a few volunteers from JSS Dental College by meeting the villagers individually at their houses with the help of pamphlets. Total screening 121 and 23 treatments for day3.

A free General Health Check-up Camp was organized by JSS Medical College & Hospital. The team included a Gynaecologist, physician and paediatrician. Treatment was provided from paediatrics to geriatrics. Thus, a complete dental and medical examination was benefitted by the villagers.



### Day 4:

On the **29/02/2024**, the NSS camp was conducted in the **Government school, Karekura, Mandya district**. We had full cooperation from people as they were eager to know how the dental check-up and 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, how increased blood sugar level can adversely affect gums and makes it more susceptible to infection. Totally 142 screening and 43 treatments done.

The treatment such as restorations, extraction, and scaling were carried out. The people of the village were happy as they benefitted from 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 **01/03/2024**, the camp took place at **Government School of Palahalli village, Mandya District**. Dental screening and free dental procedures (i.e., scaling, filling, extraction) and general health check-up (including Paediatrician and Orthopaedic) were given to all the children and the people of Palahalli. 102 screening and 27 Treatments done. Oral hygiene Awareness, Environment protection was given to people by visiting every house 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 **02/03/2024** was the last day of the camp, Valedictory function was organised at **Government school, Palahalli, Mandya district**. Large number villagers including students at primary school underwent dental screening and free treatment. **Dr. Thippeswamy** gave the brief details of the treatment that was done through the week and how people benefitted by it. 87 screening and 31 Treatment done. The entire NSS CAMP was a successful one as people were content and very happy that this free camp was held in their region and many benefitted with the treatment and even the doctors got more exposure of the current health status of that particular region by screening more number of people.





## NSS Special Camping activities

NSS Unit: JSS College of Pharmacy, Mysuru

### NSS Special Camping Activities

Date : March 02<sup>nd</sup> 2024 to March 06<sup>th</sup> 2024

Name of the village : Taripura, Shrirangapattana Taluk, Mandya District

#### Day Wise Detailed Narrative Report

**Day 1, Saturday 02/03/2024**, the most awaited NSS Special Camp was started with the theme of **“Healthy India”**. Around 50 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 U.R. Rakshith** , Assistant Camp Officer **Dr. Siddharatha** Everyone dropped their luggages at the Anand Alvar Education Institution, Taripura Village, Sri Rangapattana Taluk, Mandya District where the accommodation was arranged for all the NSS volunteers. Inauguration of the NSS Annual Special Camp 2023-24 was scheduled at 5.30PM at Government School premises, Taripura Village, Sri Rangapattana Taluk, Mandya District .

The NSS Special Camp 2023- 24 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. **Dr U. R Rakshith Program officer** welcomed the dignitaries and guests on the Diaz. NSS Special Annual Camp- 2022-23 was inaugurated Smt **Prema Devaraj Grama panchayathi sadasaru Taripura Village, Sri Basavaraj Maji zilla panchyathi upadaksaru Mahadevapura village, Nagedra Panchayathi development officers Mahadevapura village Dr. G.V. Pujar, Vice-Principal, JSSCPM**, was presented in the annual camp inauguration.

**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 02-03-2024 to 08-03-2024 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 **Kruthi of 3<sup>rd</sup> year B Pharm**, he memorized the support and encouragement in organizing the said camp. She thanked all the dignitaries and guests for their esteemed presence.

After the inauguration function, everyone moved towards the school 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 dairy before going to bed.



#### Day 2

**On Sunday Day 2, 03/03/2024**, all the volunteers woke up at 6 am and attended the NSS Flag Hoisting programme organized by group III. Exercises were performed for 30 min followed by the flag hoisting by **Krishna** , Villager from Mahadevapura After taking bath, all the volunteers had the breakfast arranged by group IV. 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. 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 200 people were monitored for their blood pressure and blood glucose levels. At the time of monitoring, 80 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 IV. 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 manogna and group and the welcome speech was given by Mr suprith Plantation and Swachatha program was organized 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 Monday , 04/03/2024** all the volunteers were made to wake up at 6 am and attend the flag hoisting programme at 06:30 AM organized by group I and exercises were performed for 30 mins. Followed by this, as usual everyone had breakfast after taking bath. Breakfast arrangement was made by group II. After the breakfast at 8.30 am all the volunteers went to venue of the camp, i.e. Rama Mandira for the morning session organized by group III i.e. Morning Session program was scheduled as Eye Camp organized by ASG Eye Hospital, Mysuru around 200 villagers had eye related disorders were treated and some of them were referred to their hospital. After the Eye 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 6:00 PM in the evening with the invocation song by Ms. Roopashree and group and the welcome speech was given by Suprith. Street Play on No Poverty (SDG-1) by Dr Asha Spandana, Lecturer, Department of Pharmaceutics JSS College of Pharmacy. The street play was very use full for the villagers The 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 4, Tuesday 05 /03/2024,** all the volunteers woke up at 6 am and attended the NSS Flag Hoisting programme organized by group II Exercises were performed for 30 min followed by the flag hoisting by **Mr Jagadeesh** , Villager. After taking bath, all the volunteers had the breakfast arranged by group.

A Dental health camp was organized from JSS Dental college and Hospital, Mysuru. During the camp more than 250 patients were screened for the various dental problems in the village. After the dental health camp all the volunteers moved to the hall where the accommodation was arranged and had a very good lunch organized by group V. All the NSS volunteers took rest for 2 hours and was informed to make arrangements for evening session. In the evening around 6.00pm Street Play on Reduce inequalities (SDG-10) by Dr Preethi, Lecturer Department of Pharmaceutics JSS College of Pharmacy was organized. The villagers appreciated the street play The program ended with the vote of thanks given by Manogna 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 dairy was written and all the volunteers went back to the bed.



**Day 5, Wednesday 06/03/2024,** 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 IV After the breakfast at 8.30 am all the volunteers went to venue of the camp for the morning session organized by group I. JSS Ayurveda medical college and hospital conducted a medical health camp during which they were treated to the various diseases. 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 Umesh M Assistant Professor, Department of Pharmacy Practice, JSS College of Pharmacy on drug and poison information followed Awareness program on peace and justice of institution and Bone related disorders was the talk given by NSS Program officer. This evening programme was organized by group IV. Volunteers mobilized a huge crowd and the programme was a grand success. The program ended with the vote of thanks given by amogh N. 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 dairy and went to sleep at 10:30 PM.



**Day 6, Thursday 07/03/2024** 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. Medical Check Up was conducted at rama mandhira temple from 9am to 2 pm where 200 villagers took benefited from this event during this camp the senior residents from and post graduate students from the medicine, orthopedics, paediatrics were present. The medical camp screened for various



disease in their speciality over all the event was very successful. After finishing morning program all the NSS camp volunteers headed back to venue and had lunch organized by group III and took rest for some time and went back to organize the evening programme. The program started at 06:30 PM in the evening with the invocation song by Mr. anirud and group

creating awareness and educating the village people on Quality education by playing street play **Dr. Prabitha** , Department of Pharmaceutical Chemistry There was a good crowd and the programme was a huge success. The program ended with the vote of thanks given by **Suprith**.

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 diary was written and all the volunteers went back to the bed.



**Day 7 On the last day, 08/03/2024 valedictory function** was organised at Government school premises 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 **Mis Puna** and team. **Suprith 3<sup>rd</sup> Year B Pharm** welcomed the guests. NSS officer Dr U R. Rakshith 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 M. P Gowrav Assistant Controller of Examination were chief guest of the function**

**Sri. Basavaraj and Nagendra** 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. Best NSS Volunteer awards were given to Ms Sanjana of II B. Pharm Mr Darshan of III B. Pharm . Vote of thanks was given by Kruthi of 3<sup>rd</sup> b pharm at last the students unwillingly packed their luggages and headed back to the college with life time memories.





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**NSS Special Camping Activities**

**NSS UNIT IV-JSS College of Pharmacy, Ooty**

**NSS Special Camping Activities**

Date : March 25<sup>th</sup> 2024 to March 31<sup>st</sup> 2024

Name of the village : Thengumarahada.

**Day Wise Detailed Narrative Report and Action Photos**

**25.03.2024:**

With the blessings of His Holiness Jagadguru Sri Sri Shivarathreeshwara Deshikendra Mahaswamigalu from JSS college of pharmacy we have moved towards Thengumarahada. We reached Thengumarahada by 4pm and followed by inauguration. Forest officer **SHAKTHIVEL, DHEENA DHAYAL**- Ranger officer, **RAVICHANDREN**- Society secretary thengumarahada facilitated the function as our chief guest and officially declare the NSS activity began with NSS CLAP. Then the whole unit was divided into 02 units and each group was given individual responsibilities for the 05 days special camp.

The Inaugural Function Of the Special Camp by hoisting the NSS flag, Flag hosting was followed by the NSS Song by the NSS volunteers Miss.Abhirami 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.

**26/03/24**

The volunteers were involved in cleaning and removing the weed plants and waste sands around the area of the ranger QUARTERS The volunteers also dusted and cleaned the foot path , kitchen area. By 8am we have completed our breakfast and moved on to Mariamman temple in kalampalayam village, we have been split into two teams and carried out our cleaning work to collect the plastic waste and glass bottle separately and we have spent some time in river area. After completing our launch, with the concern of punchayat president **Mr. MANOGARAN**, NSS coordinator assigned us to split into two teams were, one team went meet peoples of the locality, and had a social interactive session followed by primary medical diagnosis such as Blood pressure, BMI, Blood sugar level test. Whereas another team was assigned with clean the plastics and glasswares on the river side of the village.

**27/03/24**

The day we travelled to government primary school in kalampalayam village and started our work with the activity of planting 8 samplings and went on with the cleaning work of two areas ( kalampalayam mellur and kellur) respectively and had spent some moments in river. are volunteer has been accompanied by **Mr. YUVARAJ** -forest guard kalampalayam village and **Mr. MARIMUTHU** -field guard. In the evening by 6.00 pm, a small interactive session took place in local people and children. We



cleaned near punchayat society of thengumarahada, by removing the GUM ARABIC TREES and other unwanted weeds.

**28/03/24**

The volunteers moved on to Hallimoyar village and had a interactive session with public and creating awareness about malnutrients and risk of Cardiovascular diseases our volunteers demonstrated CPR to public and insisted their application in emergency situations and are volunteer were accompanied by **Mr.PONN DHANARAJ**-forest guard of Hallimoyar. With the permission from the forest officer, the volunteers visited the Reserved forest, which was an amazing experience and moment to cherish for each one of us, we have seen elephants, deer and most surprisingly tiger.

**29/03/24**

The NSS activity started by cleaning and white washing the water tank of primary health center, Thengumarahada. Had an interactive session with forest ranger about the “**king vulture**” and endangered species like bell fish etc. The volunteers were moved to **sree magaliamman temple** near thengumarahada and cleaned the path way of the temple gum Arabic trees and weeds in and around the temple. The volunteers were moved to **sree magaliamman temple** near thengumarahada and cleaned the path way of the temple gum Arabic trees and weeds in and around the temple.

**30/03/24**

We started our NSS activity in **Chithirampatti** a tribe village near thengumarahada , we were split into 3 groups and cleaned the village by collecting plastics and glasswares. After having our delicious lunch , we have communicated with the rangers of that village about the geographical and salient features of their flora and fauna varieties and had some interactive talk with the tribes of that village

**31/03/24**

We have packed our things and cleaned our accommodation area, and validatory began by 12 pm **Valedictory Function SHAKTHIVEL**-Forest officer, **Mr.MANO GAR** -punchayat president thengumarahada, **Mr.DENNA DHAYAL**-ranger officer,**Mr. YUVARAJ**- forest guard kalampalayam village has made his presence as a guess of honer for this occasion our volunteers **kalaivani M, vishal pranav A S, Ramprasath P** shared their experience about the 6 dyas of NSS camp with the team and forest officer, during the speech of ranger shakthivel He whole heartedly appreciated our volunteers, NSS staff coordinator **Dr.Babu** and the management of JSS college of pharmacy OOTY to take part in NSS activities.





Galaxy A73 5Gy  
28 March 2024 6:34 pm



Galaxy A73 5Gy  
29 March 2024 11:37 am



Galaxy A73 5Gy  
29 March 2024 9:51 am



Galaxy A73 5Gy  
29 March 2024 5:19 pm



Galaxy A73 5Gy  
29 March 2024 5:29 pm





## NSS Special Camping Activities

### NSS UNIT V-School of Life Sciences, Mysuru

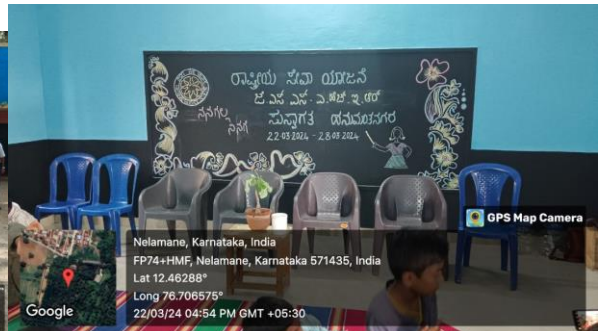
#### NSS annual camp report 2024

The NSS annual camp was organized by NSS unit off JSS Academy of higher education and research Mysore in the village Hanumanthanagara and Ballenahalli located in Srirangapatna taluk, Mandya district. The camp was organized for seven days from 22<sup>nd</sup> March 2024 to 28<sup>th</sup> March 2024.

#### Day 1: inauguration of the camp (22/03/2024)

volunteers started from SLS campus on 22nd of March 2024 at 2:30 PM and reach the Government Primary School, Hanumanthanagara at 3:00 PM. Prepare the venue for the inauguration and interacted with the students there for better understanding of village lives. The inauguration and commencement of the camp took at 5:00 PM with multiple dignitaries and they are:

1. Sri, Totappa, Headmaster, Govt Primary School, Hanumanthanagara.
2. Dr. K A Raveesha, HOD, School of Life Sciences, JSS Academy of Higher Education & Research.
3. Dr Shanmukappa Kagenalli, Associate Professor, SLS, JSS Academy of Higher Education & Research.
4. Dr. Gopenath T S, Associate Professor, SLS, JSS Academy of Higher Education & Research
5. Dr. Vadiraj K T, NSS Programme Officer
6. Dr Sushma B V, NSS supporting officer.
7. Sri Harshith N, NSS Programme Officer
8. Sri Chethan Kumar R. M, NSS supporting Officer.



Volunteers leaving the campus towards NSS Camp venue.

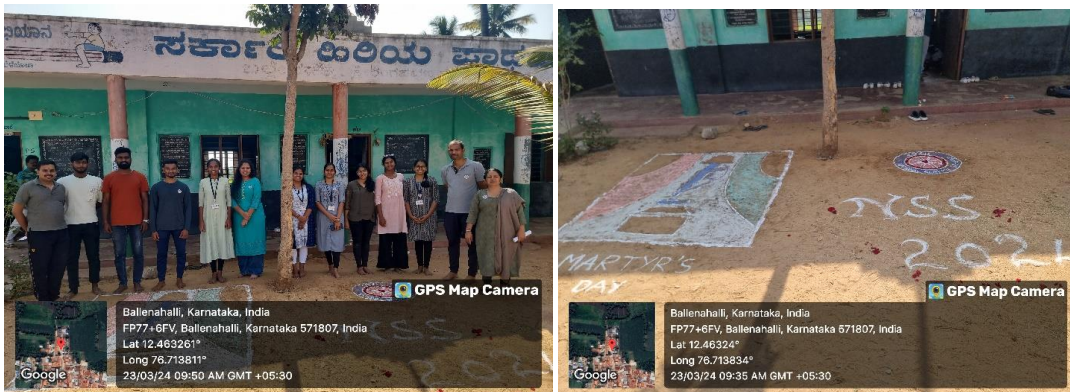
NSS Special Camp Inauguration at Govt. Primary School, Hanumanthanagara

**Day 2: (23/03/2024)**

**Special training to NSS volunteers, Shramadha at Hanumanthanagara village and poison awareness program:**

At 11:00 AM, volunteers and programme officers assembled at Government Primary School, Hanumanthanagara and prepared for shramadha. Equipped with gloves masks and garbage bags volunteers collected single use plastic in the village reaching out every street. At 12:00 volunteers assembled at the school campus, program officer Dr. Vadiraj K T spoke about the importance of NSS in this society and the personal life of a volunteer and also taught NSS song end unity song.

At noon 2.30 PM, Dr. Umesh gave an awareness talk about poison and the preventive measures that need to be taken by a person in case he/she comes in contact with poison. He made the session interactive by talking to the students and the villagers.



Morning assembly at Govt Primary School, Ballenahalli.



Shramadha at Hanumanthanagara



Distribution of TB Awareness pamphlets at Hanumanthanagar

**Day 3: (24/03/2024)**

**TB awareness drive:**

On the third day of camp, world tuberculosis day, tuberculosis awareness campaign was conducted in various levels. At 11:00 AM, Sri S. Bennur, block level health officer Srirangapatna Taluk visited the camp and gave a talk on awareness of tuberculosis, symptoms mode of spread and the treatment to the volunteers. He emphasized the importance of prevention is better than cure in case of tuberculosis and the effectiveness of dot program in treatment. He also provided information on how advances volunteers can help in control and the prevention of TB at village level.

In the noon, volunteers visited door to door and circulated the pamphlets of tuberculosis awareness program and made people aware about the infectiousness of the disease. In the evening volunteers and NSS officers played some local games.



**March 25, 2024**

**Dental and Ayurveda health camp with nutritional screening:**

On the fourth day of the NSS annual special camp, after the morning routine, dental, Ayurveda camp was conducted with the support of JSS Dental college & Hospital and JSS Ayurvedic college Mysuru respectively. Nutritional health screening was conducted from the NSS volunteers from Department of Nutrition & Dietetics, JSSAHER for the school children and people of Ballenahalli. Free toothpastes were distributed during this camp. More than 50 children and 200 people received assessments and treatments during this camp. In the noon, specialists from JSS Pharmacy College, visited camp and gave awareness on menstrual hygiene to the volunteers and female students in the school and about 50 students and 15 Anganwadi workers participated in the program. In the evening session, cultural programs and games were organized, showcasing the talents of both volunteers and villagers.



Morning Assembly and theme of the day



## March 26, 2024

On the fifth day of the NSS annual special camp, In the morning session from 10 am to 1 pm, a special medical camp was organized by JSS Hospital, featuring ophthalmologists, cardiologists, pediatricians, general physicians and Nutritional health screening was conducted from the Department of Nutrition & Dietetics for the villagers. During the post lunch session, an awareness program on menstruation hygiene was conducted by faculty from the JSS Pharmacy department, educating villagers on proper hygiene practices. Further Dr. Umamaheshwari from SLSM JSS AHER delivered a talk on TB awareness, while Dr. Anil Kumar K M and Dr. Satish Kumar J of SLSM JSS AHER discussed ecosystem and solid waste management. In the evening session, all the NSS Volunteers and program officers visited the sugarcane factory to learn about jaggery preparation and then proceeded to the historical Shri Shiva Shaila temple.



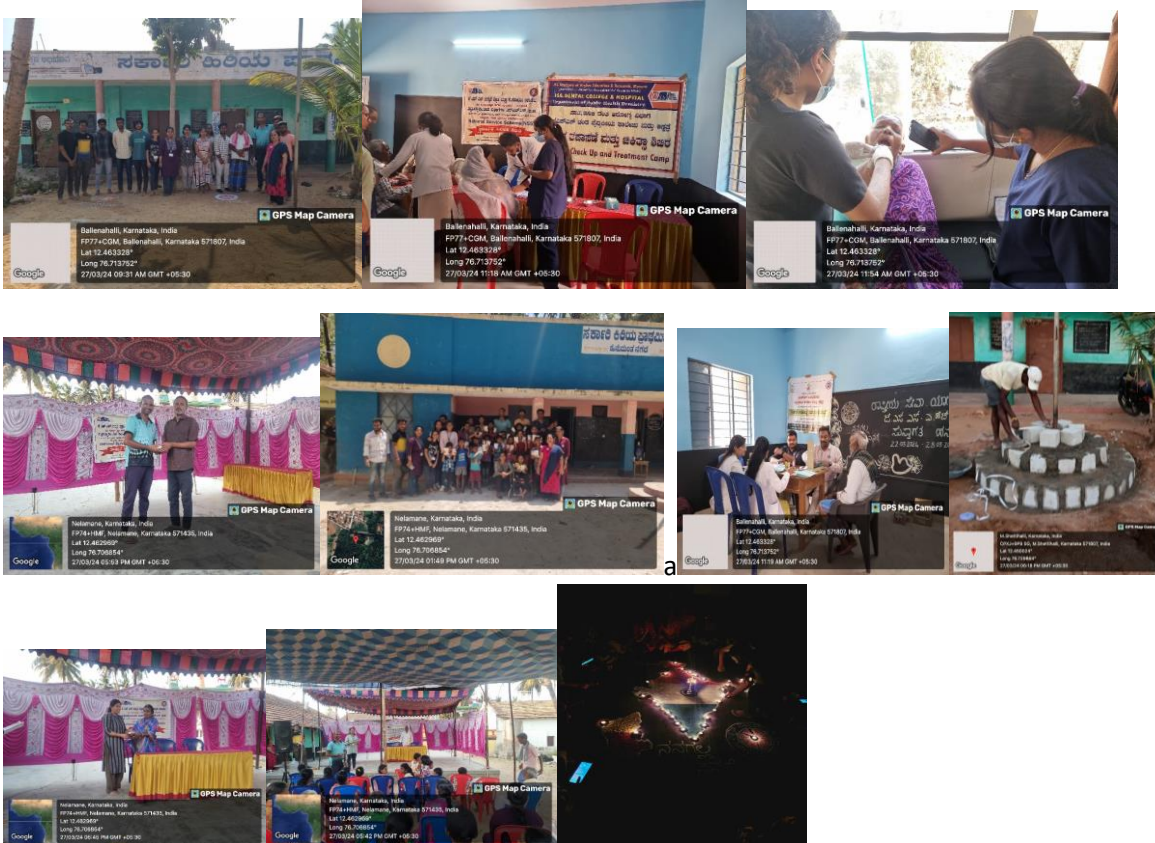


Volunteers at Jaggery factory

**March 27, 2024**

On the sixth day of the NSS annual special camp, in the morning session the special dental and Ayurveda camp was organized by JSS Dental college and Hospital and Ayurvedic College respectively, alongside Nutritional Health screening was conducted from the NSS Volunteers of Department of Nutrition & Dietetics at Hanumanthanagar. More than 35 students and 150 people utilized the facility and made the camp successful. Dry fruits and millet powder were distributed for the villagers after the examination.

Post lunch session, a special program was conducted for the villagers like various competitions: rangoli, passing the ball and lemon / spoon races, followed by award presentation to the winners. Villagers showcased their talents through singing, role-playing, and dancing during cultural activity. Post cultural activity, the important segment of the NSS camp Shibir Jyoti was conducted, where all volunteers light the candles NSS Program officers Dr. Vadiraj K T and Mr Harshit N addressed the volunteers and sung Vidhaya Jyoti, symbolizing unity among volunteers, marking the end of the camp.



March 28, 2024

**The Valedictory:**

On the seventh day of the NSS annual special camp, a valedictory ceremony was organized. Dr. Raveesha K L, HOD, SLS JSS AHER Mysore, & Mr Kumar, Head Master, Govt. School, Ballenahalli graced the occasion as the Chief guest of the program, and the NSS camp report was presented during the program. Best male (Mr. Srithejas) and female (Ms. Geetha) Volunteers were awarded during this program. Volunteers shared their experiences, followed by that awards for the best NSS song singer were presented.

Under the NSS Special activity, flag post was constructed under this camp and volunteers painted the flagpole. As a gesture of gratitude, the NSS wing of SLS & DHSMS JSSAHER gifted fans, bulbs to the government school.





## NSS Special Camping Activities

NSS UNIT VI-Department of HSMS, JSS AHER, Mysuru

### NSS ANNUAL CAMP REPORT 2024

The NSS annual camp was organized by NSS unit off JSS Academy of higher education and research Mysore in the village Hanumanthanagara and Ballenahalli located in Srirangapatna taluk, Mandya district. The camp was organized for seven days from 22<sup>nd</sup> March 2024 to 28<sup>th</sup> March 2024.

Day 1: inauguration of the camp (22/03/2024)

volunteers started from SLS campus on 22nd of March 2024 at 2:30 PM and reach the Government Primary School, Hanumanthanagara at 3:00 PM. Prepare the venue for the inauguration and interacted with the students there for better understanding of village lives. The inauguration and commencement of the camp took at 5:00 PM with multiple dignitaries and they are:

1. Sri, Totappa, Headmaster, Govt Primary School, Hanumanthanagara.
2. Dr. K A Raveesha, HOD, School of Life Sciences, JSS Academy of Higher Education & Research.
3. Dr Shanmukappa Kagenalli, Associate Professor, SLS, JSS Academy of Higher Education & Research.
4. Dr. Gopenath T S, Associate Professor, SLS, JSS Academy of Higher Education & Research
5. Dr. Vadiraj K T, NSS Programme Officer
6. Dr Sushma B V, NSS supporting officer.
7. Sri Harshith N, NSS Programme Officer
8. Sri Chethan Kumar R. M, NSS supporting Officer



Day 2: (23/03/2024)

Special training to NSS volunteers, Shramadan at Hanumanthanagara village and poison awareness program:

At 11:00 AM, volunteers and programme officers assembled at Government Primary School, Hanumanthanagara and prepared for shramadhan. Equipped with gloves masks and garbage bags volunteers collected single use plastic in the village reaching out every street. At 12:00 volunteers assembled at the school campus, program officer Dr. Vadiraj K T spoke about the importance of NSS in this society and the personal life of a volunteer and also taught NSS song end unity song.

At noon 2.30 PM, Dr. Umesh gave an awareness talk about poison and the preventive measures that need to be taken by a person in case he/she comes in contact with poison. He made the session interactive by talking to the students and the villagers.



Day 3: (24/03/2024)  
TB awareness drive:

On the third day of camp, world tuberculosis day, tuberculosis awareness campaign was conducted in various levels. At 11:00 AM, Sri S. Bennur, block level health officer Srirangapatna Taluk visited the camp and gave a talk on awareness of tuberculosis, symptoms mode of spread and the treatment to the volunteers. He emphasized the importance of prevention is better than cure in case of tuberculosis and the effectiveness of dot program in treatment. He also provided information on how advances volunteers can help in control and the prevention of TB at village level.

In the noon, volunteers visited door to door and circulated the pamphlets off tuberculosis awareness program and made people aware about the infectiousness of the disease. In the evening volunteers and NSS officers played some local games.



**ಕಿಷೋರಿಣಿ**

**ಬಲ್ಲೇನಹಳ್ಳಿಯಲ್ಲಿ ವಿಶ್ವ ಕ್ಷಯರೋಗ ದಿನಾಚರಣೆ**  
ಧೂಮಪಾನ, ಮದ್ಯಪಾನದಿಂದ ದೂರವಿರಿ: ಎಸ್.ಡಿ.ಬೆನ್ನೂರ್

ಶ್ರೀಲಂಕೆಯಲ್ಲಿ ಧೂಮಪಾನ ಹಾಗೂ ಮದ್ಯಪಾನ ಮಾಡುವವರಿಗೆ ಸಾಮಾನ್ಯವಾಗಿ ಕ್ಷಯ ರೋಗ ಹರಡುವುದು ಮತ್ತು ಕೆಲವು ಕೆಲಸದಿಂದ ಕ್ಷಯ ರೋಗ ಹರಡುವುದು. ಧೂಮಪಾನ ಹಾಗೂ ಮದ್ಯಪಾನ ಕ್ಷಯ ರೋಗದ ಕ್ಷಯ ರೋಗದ ಪ್ರಮುಖ ಕಾರಣಗಳಾಗಿವೆ. ಧೂಮಪಾನ ಹಾಗೂ ಮದ್ಯಪಾನ ಕ್ಷಯ ರೋಗದ ಕ್ಷಯ ರೋಗದ ಪ್ರಮುಖ ಕಾರಣಗಳಾಗಿವೆ. ಧೂಮಪಾನ ಹಾಗೂ ಮದ್ಯಪಾನ ಕ್ಷಯ ರೋಗದ ಕ್ಷಯ ರೋಗದ ಪ್ರಮುಖ ಕಾರಣಗಳಾಗಿವೆ.

ಮುಖ್ಯವಾಗಿ ಕ್ಷಯ ರೋಗದ ಕ್ಷಯ ರೋಗದ ಪ್ರಮುಖ ಕಾರಣಗಳಾಗಿವೆ. ಧೂಮಪಾನ ಹಾಗೂ ಮದ್ಯಪಾನ ಕ್ಷಯ ರೋಗದ ಕ್ಷಯ ರೋಗದ ಪ್ರಮುಖ ಕಾರಣಗಳಾಗಿವೆ. ಧೂಮಪಾನ ಹಾಗೂ ಮದ್ಯಪಾನ ಕ್ಷಯ ರೋಗದ ಕ್ಷಯ ರೋಗದ ಪ್ರಮುಖ ಕಾರಣಗಳಾಗಿವೆ.

March 25, 2024

On the fourth day of the NSS annual special camp, which took place on March 25, 2024; In the morning session I.e from 10 am to 1 pm, Dental, Ayurveda and Nutritional health screening was conducted from the Department of Nutrition & Dietetics for the Ballenahalli villagers. In the evening session, cultural programs and games were organized, showcasing the talents of both volunteers and villagers. And distributed free samples of toothpastes to all the villagers



March 26, 2024

On the fifth day of the NSS annual special camp, dated March 26, 2024, In the morning session I.e from 10 am to 1 pm, a special medical camp was organized by JSS Hospital, featuring ophthalmologists,





cardiologists, pediatricians, general physicians and Nutritional health screening was conducted from the Department of Nutrition & Dietetics for the villagers. During the post lunch session, an awareness program on menstruation hygiene was conducted by faculty from the JSS Pharmacy department, educating villagers on proper hygiene practices. Further Dr. Umamaheshwari from SLSM JSS AHER delivered a talk on TB awareness, while Dr. Anil Kumar K M and Dr. Satish Kumar J of SLSM JSS AHER discussed ecosystem and solid waste management. In the evening session, all the NSS Volunteers and program officers visited the sugarcane factory to learn about jaggery preparation and then proceeded to the historical Shri Shiva Shaila temple



## March 27, 2024

On the sixth day of the NSS annual special camp, dated March 27, 2024, in the morning session the special dental and Ayurveda camp was organized by JSS Hospital alongside Nutritional Health screening was conducted from the Department of Nutrition & Dietetics at Hanumanthanagar. Dry fruits and millet powder after the examinations were distributed for the villagers. During the post lunch session, a special program was conducted for the villagers including various competitions like rangoli, passing the ball and lemon / spoon races, with award presentation to the winners. Villagers showcased their talents through singing, role-playing, and dancing. During evening session around 6:45 pm, the important segment of the camp Shibir Jyoti program was held, where all volunteers lighted the candles and sung Vidhaya Jyoti, symbolizing unity among volunteers, marking the end of the camp.



## March 28, 2024

On the seventh day of the NSS annual special camp, which took place on March 28, 2024, Dr. Raveesha K L, HOD, SLS JSS AHER Mysore, & Mr Kumar, Head Master, Government School, Hanumanthanagara graced the occasion as the Chief guest of the program, and the NSS camp report was presented during the program. Volunteers shared their feelings and experiences, followed by the presentation of awards to the best volunteers were provided. As a gesture of gratitude, the NSS wing of SLS & DHSMS JSSAHER gifted fans, bulbs, and constructed a flagpole for the government school.





Before



After

## NSS Special Camping Activities

### NSS UNIT VII- School of Life Sciences, JSS AHER, Ooty

#### List of NSS activities done for the year 2023-24

#### (Special Camping activities)

Name of the NSS Unit : School of Life Sciences (Ooty campus)

Village and address : Government tribal high school, Bokkapuram, Masinagudi

Dates of NSS Activities : 23/03/2024

### ANNUAL CAMP

The NSS unit of school of life sciences (Ooty campus) conducted annual NSS camp at Government tribal high school, Bokkapuram, Masinagudi. The camp was conducted between 23/03/2024. The annual camp was commanded by Dr.S.Nishu, NSS Program Officer and Dr.B.Vanitha, Asst NSS Program Officer. Following are the activity conducted at this special camp.

1. Medical camp
2. Dental camp
3. Nutrition camp
4. Child safety programme
5. Herbal plantation
6. Campus cleaning and painting.



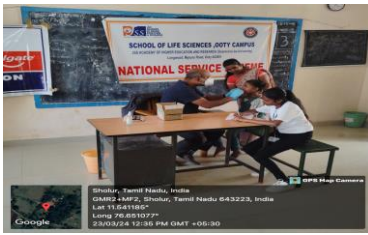
#### 1. Medical camp

Medical camp was organized in association with NGO called as Sevalaya , they are mainly working on the tribal health and welfare. Around 120 students and 80 tribal villagers attend the camp and got benefitted.



#### 2. Dental camp

Dental camp was supported by the Indian Dental association.



### 3. Nutrition camp

NSS unit of school of life sciences along with Food and Nutrition department of SLS Ooty conducted nutrition camp. The event was coordinated by Mrs. Durgalakshmi, Assistant professor, department of Food and Nutrition.



### 4. Child safety programme

Psychology department of school of life sciences Ooty campus conducted child safety awareness programme based on performing skirt, this programme will educate the school children on their personal safety aspect. The programme was coordinated by Mrs. Tharuna.M, Assistant professor, Department of psychology.



### 5. Herbal plantation



### 6. Campus cleaning and painting

