

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH

UTKARSH

ANNUAL MAGAZINE & PLACEMENT BROCHURE | 2025



LIVING LONGER, LIVING BETTER

*JSS SPH drives longevity
research and sustainable change*

Also inside

SPOTLIGHT ON STUDENT
PROJECTS

INNOVATIONS IN PUBLIC
HEALTH OUTREACH

DEPARTMENT HIGHLIGHTS

**SCHOOL OF PUBLIC HEALTH
JSS MEDICAL COLLEGE, JSS AHER, MYSURU**

Message



DR. B SURESH
PRO-CHANCELLOR, JSS AHER

I extend my heartfelt congratulations to the School of Public Health at JSS Academy of Higher Education & Research for its commendable work. As a vital part of our institution, the School's commitment to organizing workshops and programs that empower students is truly admirable. This dedication highlights its pursuit of excellence in public health education. The School of Public Health is rapidly gaining recognition in the field of healthcare education in India. I am confident that the graduates of the MPH program will not only meet but exceed the expectations of recruiters and public health professionals. At JSS Academy of Higher Education & Research, we strive to equip our students with up-to date knowledge and skills rooted in Indian cultural values. This approach ensures that our students are prepared to meet the needs of the economy and contribute positively as responsible citizens. The School of Public Health provides a broad spectrum of learning opportunities, enabling students to explore various aspects of public health management.

Their learning journey is further enriched through capstone projects, internships, guest lectures by industry leaders and faculty experts, and dynamic peer engagement. Graduates of the MPH program become part of a prestigious network of JSS AHER alumni, well positioned for success in their careers. The Utkarsh 2025 - Annual Magazine cum Placement Brochure" offers an in-depth look at our flagship MPH program. I encourage recruiters and industry leaders to connect with our talented and diverse student community. I am confident that our students will not only meet expectations but surpass them. Best wishes to all.

Message



DR. BASAVANA GOWDAPPA H
VICE CHANCELLOR, JSS AHER

JSS Medical College, affiliated with JSS AHER, is proud to be dedicated to developing skilled professionals across various fields of healthcare. The institution takes great pride in the graduates of the School of Public Health (SPH), who reflect the high standards of training offered here. SPH at JSS AHER is known for its focus on collaboration, leadership, innovation, and diversity. A key strength of the program is its faculty mentoring system, which complements the dynamic classroom environment and promotes a culture of selfdirected learning. Students at SPH are exposed to current public health challenges through active involvement in research and outreach programs. These opportunities, often in partnership with both governmental and non-governmental organizations, help students enhance their problem-solving abilities. Our students, being motivated and eager learners, are well-prepared to work independently as well as in teams. I warmly welcome the visiting organizations for campus recruitment and extend my best wishes to our students for a successful and promising future.

Message



DR. MANJUNATHA B
REGISTRAR, JSS AHER

It is my pleasure to invite your organization to participate in the placement process for the 2023–2025 Master of Public Health batch. The School of Public Health is dedicated to equipping students with specialized skills and a broad outlook on public health through diverse learning experiences. This includes theoretical instruction, real-world applications, and internships, ensuring that students are thoroughly prepared in the field. What makes this program unique is its emphasis on hands-on learning through research projects. Students are exposed to various real-life scenarios that enhance their adaptability and situational understanding. They are encouraged to devise strategies and solutions tailored to new challenges. We aim to develop competent professionals who make meaningful contributions to society. I am confident that our students' efforts will add value to your organization, and we look forward to building many more collaborations with you.



DR MADHU C.P

DIRECTOR, JSS HOSPITAL

I am delighted to extend my best wishes through this Annual Magazine and Placement Brochure of the School of Public Health, JSS Academy of Higher Education & Research, Mysuru. The School of Public Health has been making commendable strides in public health education by integrating academic excellence with practical learning and community engagement. At JSS Hospital, we are proud to be closely associated with the academic and training programs. Our hospital serves as a vital learning ground where students gain invaluable exposure to diverse clinical experiences, healthcare systems, and patient care dynamics. This real-time learning not only enhances their professional skills but also instils empathy, discipline, and a strong sense of social responsibility. Public health professionals trained under JSS AHER have consistently demonstrated their ability to contribute meaningfully to healthcare delivery and policy implementation. I am confident that our students, equipped with sound knowledge and ethical values, will continue to bring honour to the institution and create a lasting impact in the field of global health. I congratulate the faculty, students, and organizers for their dedicated efforts in bringing out this publication and wish them great success in their future endeavors.



DR. NARAYANAPPA D

PRINCIPAL, JSS MEDICAL COLLEGE

JSS Medical College, affiliated with JSS AHER, is proud to be dedicated to developing skilled professionals across various schools of healthcare. It is our mission to prepare graduates with specialized skills and a passion for public health, who reflect the high standards of leadership, service, and ethics. The MPH at JSS AHER has emerged as a sought-after program that reflects the best of academic and practical training in public health. Its quality mentoring, enriched placements, the dynamic classroom environment and promotes student-driven applied experiences. Students are exposed to current public health challenges through active involvement in research and outreach programs. These approaches help them gain confidence in their problem-solving skills, connect with grassroots organizations, and sharpen their abilities as future professionals. Our students bring in their knowledge and fresh perspectives, and I am certain that their eagerness to learn and grow will be of great benefit to your organization. I warmly welcome the existing organizations for campus recruitment and extend my best wishes to our students for a successful and promising future.



DR. R. SUDEENDRA BHAT

CONTROLLER OF EXAMINATION, JSS AHER

The Master of Public Health (MPH) program at JSS AHER is designed to develop students' critical thinking, analytical skills, and practical knowledge, preparing them to thrive in the ever-evolving field of public health. The program is grounded in strong values and best practices, helping students confront real-world challenges and become responsible leaders. Through a combination of coursework, internships, and industry engagement, students gain the skills needed to build successful careers in public health and health management. They also become part of a strong alumni network that supports their growth. The Training and Placement Cell plays an important role in guiding students' career paths by promoting a balance between academic learning and practical skills such as communication, ethics, and leadership. We are confident that our graduates, equipped with essential public health knowledge and analytical capabilities, will be valuable assets to any organization and look forward to their collaboration with recruiters.



DR. PRASHANT M VISHWANATH

DEAN (RESEARCH), JSS AHER

Public health is a crucial and evolving discipline that plays an essential role in addressing health challenges and policy needs both nationally and globally. It spans areas like epidemiology, biostatistics, and health systems. At JSS AHER, we uphold strong academic and ethical values in public health education and research. Our institution fosters a culture of innovation and teamwork, and I am proud of the achievements and dedication of our faculty and students.

They continue to make meaningful contributions to public health through rigorous research and practical application. We aim to prepare students to meet global health challenges, and we are confident they will be key contributors in both academic and professional settings. I look forward to ongoing progress and impact in this vital field.



DR. VISHAL KUMAR GUPTA

DEAN (ACADEMICS), JSS AHER

Greetings from the Dean Academics at JSS Academy of Higher Education & Research, Mysuru. It is with great pride that I recognize the School of Public Health for its significant contributions to public health education. The school's commitment to organizing workshops, programs, and interactive learning initiatives has helped students acquire essential knowledge and skills. These efforts are a testament to our institution's focus on both academic and personal growth. By creating a nurturing and innovative learning environment, the School of Public Health continues to be a pioneer in healthcare education. This Annual Magazine cum Placement Brochure highlights this enriching educational journey, showcasing the hard work and achievements of our students and faculty. I am confident that as you review the accomplishments of our graduates, you will appreciate the School's dedication to excellence and its students' readiness to make meaningful contributions to the global health arena.



DR. SUMA M N
DEAN (ACADEMICS 2)

Public Health has emerged as a promising field, with many institutions recognizing its potential. Introducing this course has helped us contribute to a range of social responsibilities. Our postgraduate students have become valuable assets in strengthening the healthcare system through effective policies and responses to public health crises. This field plays a critical role in building a society that is free from the fear and stigma of diseases. Since 2010, our institution has actively worked to grow the Public Health department. Over the years, it has significantly expanded and is now a vital part of the modern healthcare framework. Our students demonstrate commitment and excellence, guided by their mentors. Their skills and dedication bring credit to the organizations and communities they serve. After graduation, they have gone on to make a mark in prestigious institutions and companies known for their contributions to public health.



DR. PRAVEEN KULKARNI
VICE PRINCIPAL, PARA CLINICAL

It gives me immense pleasure to extend my warm greetings through this Annual Magazine and Placement Brochure of the School of Public Health, JSS Academy of Higher Education & Research, Mysuru. The department has set remarkable standards in promoting academic excellence, research, and service-oriented learning in public health education. At JSS Medical College, our vision is to develop professionals who not only possess strong technical knowledge but also demonstrate leadership, compassion, and a sense of social responsibility. The MPH program has been instrumental in preparing students to navigate complex public health challenges with analytical thinking and ethical decision-making. The focus on research, community engagement, and interdisciplinary learning continues to inspire both faculty and students to contribute meaningfully to the ever-evolving field of public health. I am confident that our graduates will uphold the values of our institution excellence, integrity, and service and emerge as leaders making a difference in the global healthcare landscape. I extend my heartfelt appreciation to the faculty, students, and placement cell for their dedicated efforts in compiling this brochure and for their relentless pursuit of academic and professional excellence.



SRI. S R SATISH CHANDRA
ADMINISTRATIVE OFFICER, JSS MEDICAL COLLEGE, JSS AHER

The Master of Public Health (MPH) program at JSS AHER is designed to enhance critical thinking, analytical skills, and practical knowledge through coursework, fieldwork, and realworld experience. Emphasizing academic excellence and ethical values, it equips students with the tools they need for successful public health careers.

The curriculum prepares them to handle contemporary challenges and seize opportunities in the field. Our graduates are well-prepared to excel and become valuable contributors in public health, supported by a strong network of JSS AHER alumni. We also focus on career guidance and skill development to help students formulate effective strategies, work collaboratively, and make a meaningful impact in their future roles.



DR MANTHAPPA M
VICE-PRINCIPAL (CLINICAL)

It is my privilege to extend warm greetings to all through this Annual Magazine and Placement Brochure of the School of Public Health, JSS Academy of Higher Education & Research, Mysuru. The School of Public Health continues to make remarkable progress in nurturing the next generation of public health professionals who are equipped to address the growing health challenges of our society. As one of the leading teaching medical colleges in the region, JSS provides an ideal environment for experiential learning and skill development. Students gain invaluable exposure to patient care, health management, and preventive strategies that prepare them to become competent and compassionate professionals. The integration of hospital-based learning with academic instruction enriches the students' understanding of real-world health issues, enabling them to translate knowledge into impactful practice. I commend the faculty and students for their hard work and dedication, and I wish them continued success in advancing public health education and community well-being.

Message from the Coordinator



DR. ANIL S BILIMALE

CHEIF CO-ORDINATOR, SCHOOL OF PUBLIC HEALTH

Public health is a dynamic and ever-evolving field, influenced by factors such as climate change, technological advancements, and human-animal interactions. The COVID-19 pandemic has further emphasized the significance of preventive strategies and strong public health systems, prompting global investments in dedicated health cadres and resources. In alignment with this vision, the JSS School of Public Health is committed to empowering students with the skills and competencies required to address emerging public health challenges. Our Master of Public Health (MPH) program is designed as per the MoHFW model curriculum under the Choice Based Credit System (CBCS) and semester pattern, ensuring a comprehensive and contemporary learning experience.

We focus on activity-based learning and hands-on training to foster critical thinking, problem-solving, and analytical abilities. Even during the challenging academic years of 2021–23, our students demonstrated resilience and dedication by actively participating in COVID-19 response initiatives, including screening, health system strengthening, and immunization campaigns, as well as contributing to ICMR- and WHO-supported projects.

At JSS, we are dedicated to nurturing future-ready professionals by instilling leadership, communication, research, and analytical skills. I take immense pride in presenting our MPH graduates, confident that their expertise, commitment, and passion will make them exceptional assets to any organization they join.

About JSSAHER



JSS Academy of Higher Education and Research (JSS AHER), formerly known as JSS University, is a premier deemed-to-be university located in Mysuru, Karnataka. Established in 2008, under the esteemed JSS Mahavidyapeetha, the institution has earned national and international recognition for its academic excellence, healthcare-focused research, and societal impact. JSS AHER is recognized by the University Grants Commission (UGC) under Section 3 of the UGC Act and has been accredited by NAAC with an A++ Grade (CGPA of 3.61). JSS AHER has been graded as a Category-I Deemed-to-be University by the UGC. Guided by the visionary leadership of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji (Chancellor), Dr. B. Suresh (Pro-Chancellor), and Dr H Basavanagowdappa (Vice-Chancellor), the university has steadily advanced in its mission to provide world-class education and healthcare services.

The institution's leadership is renowned for its emphasis on high ethical standards, professional competence, and deep-rooted commitment to societal welfare. JSS AHER primarily focuses on education and research in the Fields of Medicine, Dentistry, Pharmacy, Life Sciences, and Health System Management. It aims to produce skilled professionals equipped with global competencies and a strong sense of social responsibility. The institution blends cutting-edge facilities with a rich academic ecosystem to promote holistic learning, innovation, and critical thinking. The institution's reputation is further endorsed by its performance in national rankings. In 2025, JSS AHER secured the 21st rank in India under the National Institutional Ranking Framework (NIRF) by the Ministry of Education, Government of India.

Spanning three international locations and comprising numerous universities, research centres, and cultural organizations, JSS AHER has expanded its global footprint. These international extensions enhance collaborative opportunities in education, research, and community outreach. The university also maintains an active and engaged alumni network across regions, further enriching its academic and cultural legacy. In summary, JSS AHER stands as a symbol of academic excellence, research innovation, and ethical leadership. It remains committed to nurturing responsible global citizens who are equipped to address contemporary challenges and make meaningful contributions to humanity's progress.

 A++ NATIONAL ACADEMIC ACHIEVEMENT AND ACCREDITATION COUNCIL	 21st University Category	 SDG-7 2 in WORLD	 56 3 in INDIA	 336 2025	 101-150 Pharmacy & Pharmacology 651-700 Medicine	 EXCELLENT Rated for Excellence	 RANKED 2024	 801-1000 23 in INDIA	 601-800 Medical & Health Life Science 801-1000	 401-500 57 in INDIA	 251-300 Young University 27 in INDIA
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School of Public Health



VISION

To empower individuals to lead translational research, manage large-scale health programs, and strengthen healthcare systems, advancing public health through policy innovation, social entrepreneurship, equity, sustainability, and longevity principles.



MISSION

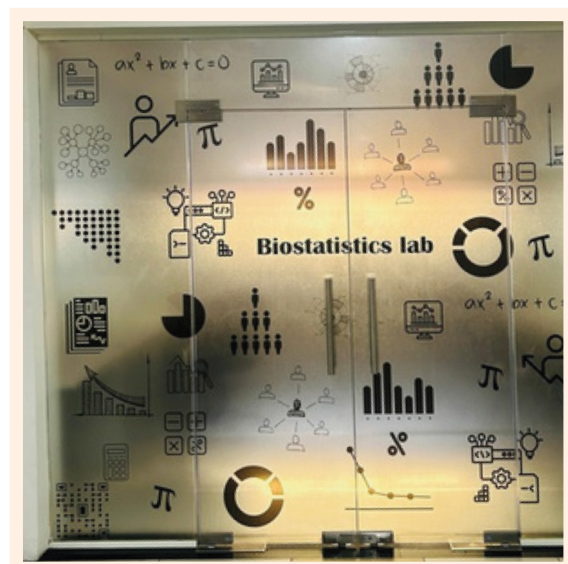
To foster a transformative public health environment by equipping professionals with the skills to address global health challenges, drive sustainable solutions, influence policy, and promote social entrepreneurship through innovative research, interdisciplinary collaboration, and community-focused initiatives.

The School of Public Health block is a testament to our commitment to health, prevention of disease, well-being, sustainable development goals, and equity.



Our infrastructure is thoughtfully designed to reflect these core values, creating an environment that fosters learning, research, and innovation. We have six state-of-the-art classrooms, each equipped with modern amenities and technology. These spaces provide an optimal environment for teaching and learning.

The biostatistics lab is equipped with advanced tools and software, supporting research and analysis in biostatistics. This lab is crucial for public health research, providing the necessary resources for data-driven decision-making.





Our museum and model room feature exhibits models related to public health issues and initiatives. This space serves as an invaluable educational resource for both students and visitors, offering insights into the history and current trends in public health.

Our social entrepreneurship center is dedicated to promoting innovative solutions to public health challenges. This space encourages entrepreneurship and social initiatives, empowering students to develop and implement impactful projects designed to facilitate discussions and collaborations. Our scholars and consultants room is a hub for intellectual exchange. Here, scholars and project consultants can work together on public health projects, fostering a collaborative spirit.



A notable feature of our infrastructure is the unique interior glass designs. These designs depict various dimensions of disease prevention paradigms, emphasizing wellness and longevity. They are strategically crafted to align with our Sustainable Development Goals, reflecting our commitment to creating a healthier future.

School of Public Health *Evolution & Departmental Growth* **(Then & Now)**

The School of Public Health at JSS Medical College, Mysuru, was established in 2010, evolving from the Department of Community Medicine. Initially located within the medical college campus at Bannimantapa, it evolved to grow as an independent department in October 2021 & currently comprises of 80 MPH students & 6 PhD Scholars.

INFRASTRUCTURE:

Currently, the department is situated near JSS Hospital on M.G. Road, Agrahara. It is now a fully equipped facility featuring two lecture halls, a biostatistics lab, a project room, and a demonstration hall. Additionally, it includes a dedicated faculty room and a project staff discussion room, supporting both academic and research activities effectively.

ACADEMICS AND PROJECTS:

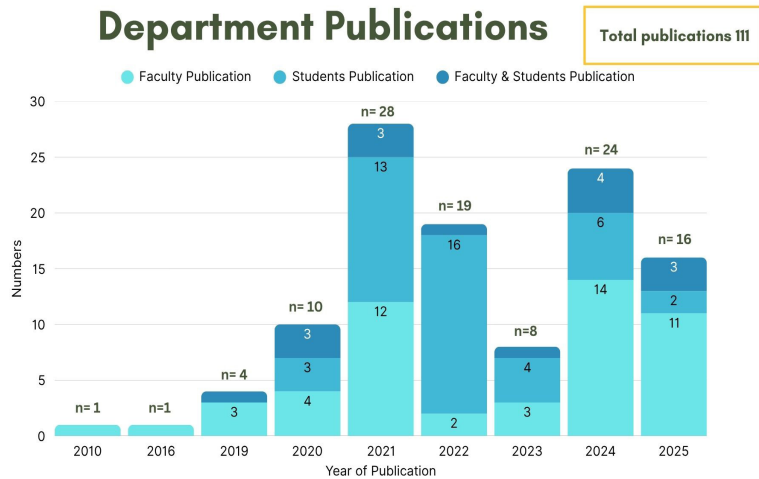
The academic curriculum and project framework now emphasize simulation-based learning and community outreach activities, enhancing the practical and field-based competencies of students. Academically, the program is structured into four semesters, with each semester including two internal assessments and a practical examination. In addition to academics, various departmental activities are conducted regularly to foster holistic learning and skill development. To date, the department has undertaken a total of 11 funded projects, out of which 5 are currently on-going.



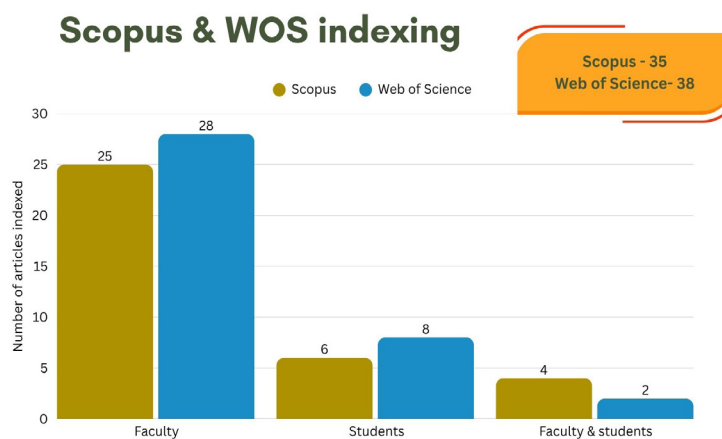
The School of Public Health at JSS Academy of Higher Education & Research (JSS AHER), Mysuru, Karnataka, has achieved a “Diamond” badge in the QS I-GAUGE Subject Rating for Public Health! This prestigious recognition highlights our commitment to excellence in delivering quality education and making a positive impact on public health. Being a new department established in 2021, the School of Public Health at JSS AHER could achieve this remarkable feat of meeting international standards. This achievement has validated our dedication to fostering education that transforms individuals and society.

Department Publications

The Department of Public Health continues to strengthen its research footprint through publications in high-impact journals indexed in Scopus and Web of Science, reflecting both faculty and student research excellence.

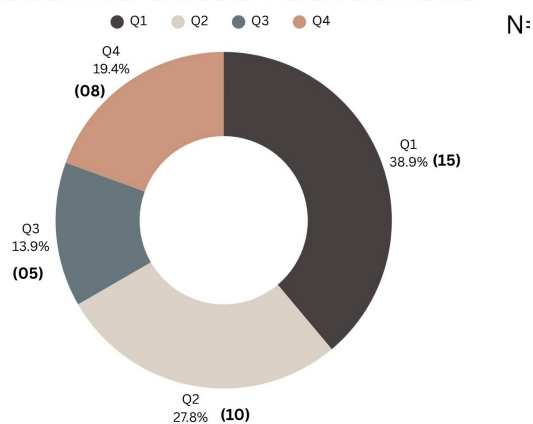


Distribution of Department Publications by Contributor Category (Total = 111)



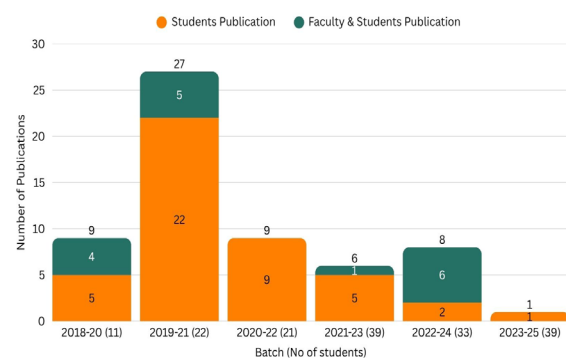
Distribution of Department Publications Indexed in Scopus and Web of Science (Scopus – 35, Web of Science- 38)

Quartile based Publications



Quartile-wise Classification of Publications (Q1–Q4)

Students batchwise Publications



Student Batchwise Publications

School of Public Health

Funded Projects

Sl. No	Title of the Project	Year	Funding Organization	Amount Sanctioned
1	Integrated Five-Pronged Lifestyle Approach for Preventing and Controlling Non Communicable Diseases in Vulnerable Communities of Karnataka: An Implementation Study	2024-2029	ICSSR	125 lakhs
2	Clinical validation and performance of "Oxidative stress test" for risk assessment, and prediction of vascular complications in Type 2 Diabetes Mellitus patients	2023-2028	ICMR	267 lakhs
3	Phytoremediation of indoor air pollution in urban homes to improve air quality using innovative sustainable technology based plant wall air filtration system.	2024-2027	ICMR	97 lakhs
4	A phase III multicenter, Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Efficacy, Immunogenicity and Safety of Single dose of Dengue Tetravalent Vaccine (live attenuated recombinant, lyophilized "DengiAll") of Panacea Biotech Limited in healthy Indian adults.	2024-2027	ICMR	111 lakhs
5	A Prospective, Multicenter, Randomized, Active-controlled, Observer-blind, Phase II study seamlessly followed by a Phase III study to evaluate the Safety, Tolerability, and Immunogenicity of the candidate HGC019 (COVID-19) vaccine in healthy subjects.	2022	GENOVA	34 lakhs
6	Ambari Sickle Cell Disease (SCD) Health Systems Strengthening Project.	2022-2023	NOVARITIS	33 lakhs
7	Facilitators and Barriers of e-Sanjeevani program in Karnataka, India.	2023-2024	BMGF	4.17 lakhs
8	WHO CCOZOV-03: Oxygen requirements and approaches to respiratory support in patients with COVID-19 in low- and middle-income countries: a WHO study	2021-2022	WHO	23.59 lakhs
9	Effectiveness of Covaxin and Covishield vaccines against severe COVID-19 in India, a multi-centric hospital-based case control study.	2021-2022	ICMR	10.95 lakhs
10	WHO Unity Study – Risk factors for SARSCoV- 2 infection among health care workers in India: A case-control study (A multicountry study funded by WHO)	2020-2021	WHO	8.30 lakhs
11	Gap assessment of Health and Wellness Centres in Yadgiri district – A Health System Strengthening project by Unicef	2019-2020	UNICEF	7.12 lakhs

Life at SPH

Life at the School of Public Health offers a dynamic and enriching experience that blends rigorous academic learning with meaningful real-world exposure. The MPH program is thoughtfully designed to equip students with a deep understanding of public health principles through classroom instruction, interactive guest lectures, alumni talk, and capstone projects.

Students engage with experts and experienced professionals who provide insights into current public health challenges and career pathways, while alumni share practical tips and experiences that bridge the gap between academia and the workplace.

Capstone projects and postings further allow students to apply their knowledge by working directly with communities, organizations, and healthcare systems, fostering problem-solving skills and a deeper appreciation of the social determinants of health.

Beyond academics, life at the School of Public Health is vibrant and well-rounded, with numerous opportunities for personal growth and recreation. Field visits and structured postings give students hands-on exposure to various health settings, enhancing their practical understanding of how healthcare systems and public health programs function.

Meanwhile, events like U-Fest and Amogothsava add color to campus life, offering a platform for cultural expression, sportsmanship, and creativity. These extracurricular activities promote teamwork, leadership, and stress relief, creating a balanced environment that supports both professional and personal development.

Altogether, the experience prepares students not just as competent public health professionals but as empathetic leaders and active contributors to the health of communities.



Leprosy day
observation at
Nanjangud girls high
school and procession
at DHO office

Rare
disease Day
Observation





Mime group
creating
awareness on
blood donation

Breastfeeding
awareness Day



Disability Day
observation



World
environment day
observation



Field visits

Field visits are a key experiential learning component of the Master of Public Health (MPH) program aimed at bridging classroom learning with real-world practice. These visits allow students to explore various public health settings such as primary health centers, district hospitals, urban slums, rural communities, non-governmental organizations (NGOs), and public health research institutes. The objective of these field visits is to sensitize students to the social determinants of health and the challenges faced by underserved populations.

Students are encouraged to critically analyze public health programs, assess community needs, and identify gaps between policy and practice. These immersive experiences also foster essential skills such as community engagement, data collection, observation, and ethical field conduct.



Seth Mohandas Tulsidas
Maternity and Children's
Hospital

Field Visit To SVYM Tribal
School And Hospital



Palliative Care Centre,
Mysuru

Field Visit to JSS Polytechnic
College For Differently Abled



Cultural and sports

In addition to academic and field-based learning, the School of Public Health actively encourages students to participate in extracurricular activities through annual sports and cultural events such as U-Fest and Amogothsava. These vibrant platforms provide students with an opportunity to showcase their talents, build teamwork, and foster a sense of community and well-being. U-Fest features interdepartmental competitions in music, dance, drama, fine arts, and literary events, celebrating creativity and cultural diversity. Amogothsava, the annual college fest, brings together students from various disciplines to participate in sports, cultural performances, and fun-filled activities, promoting holistic development and stress relief amidst rigorous academic schedules.



Students with faculty in Retro during Amoghotsava



2nd prize Duet Dance



Duet Dance Performance



Flashmob Team



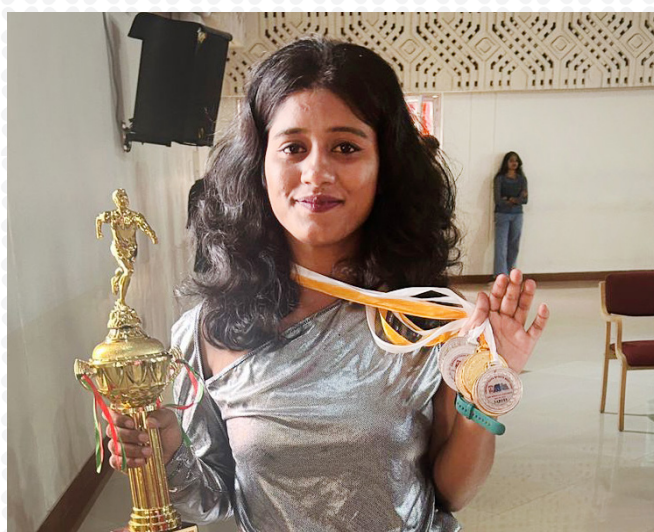
First Prize in Women Cricket



Cultural champions During Amoghotsava 2025



Best Athlete Female Amoghotsava 2024



Best Athlete Female Amoghotsava 2025



Face Painting and secured First Prize

Life at SPH



Poster presentation by students at 'My City, My Vision' event organised by GRAAM



Students Selected for Joint Social entrepreneurship Programme from University of Arkansas



WHO MR Elimination Survey



Postings at Primary Health Centre



HPV Vaccination program



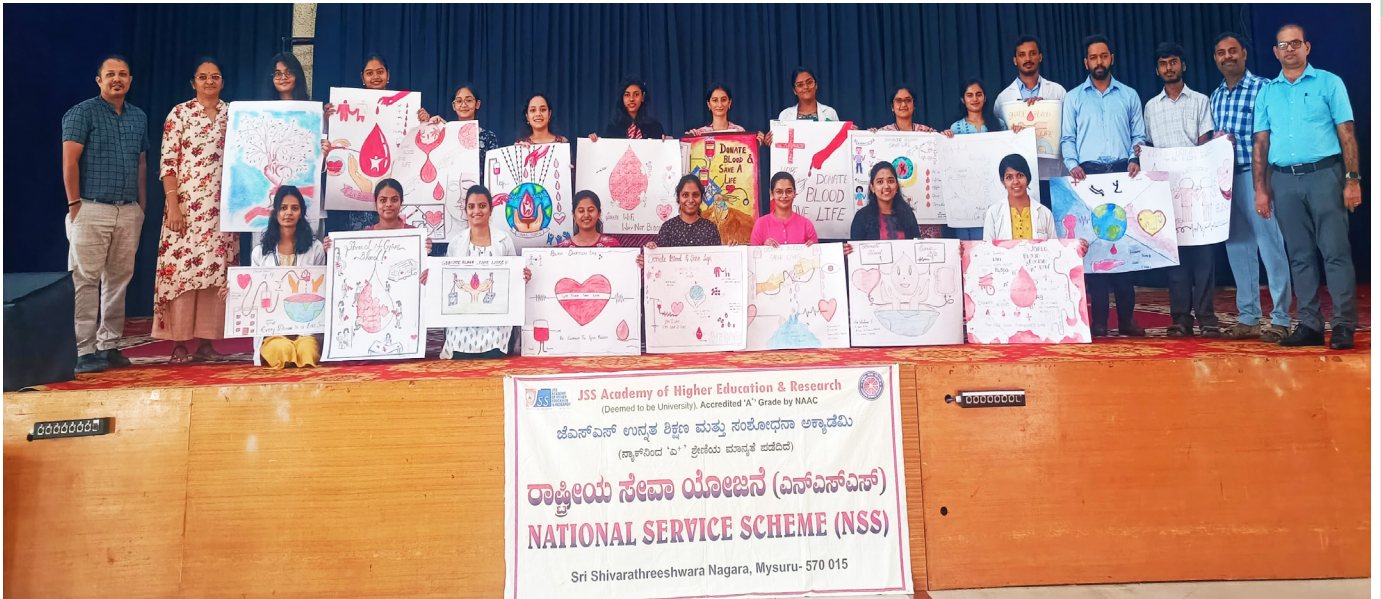
Eat Right Campus Survey



Dengue Project Involvement by Students



Data Collection by Students in School



Students Participate in Drawing competition Organised by NSS on National Blood Donor Day



NIMHANS Road Safety Project Phase 1 & Phase 2 Data Collection



Student giving Awareness on Rabies on World Rabies Day at PES College, Mandya



Community Engagement by Students at Suttur Jathra



Dengue Larva Survey with DHO Team



Poster Presentation By students at CongiSENSE+2025
International Conference organized by SPH



Dengue Larvae Survey Conducted by
Students of SPH



SVYM ASHA Survey in MM Hills



Medical Camp & Awareness Session for Students at Government Blind school.



GRAAM Fellowship for Selected Students



Students Participating in Bengaluru Pitch Fest



Students Participated setting up a ' Panchamantra for Longevity stall at the RISE International conference IISc Bangalore



Students participated in International yoga day celebrations at Mysuru palace

Collaborations



SOCIAL ENTREPRENEURSHIP PROJECT





Lonjiva

Your longevity partner

What is Lonjiva?

Lonjiva is a community health project that encourages sustainable lifestyle changes to prevent non-communicable diseases (NCDs) and improve quality of life and longevity.

Inspired by JSS Panchamantra for Longevity, a uniquely Indian adaptation of the Blue Zones concept, Lonjiva focuses on 5 essential lifestyle pillars.

Our Activities

- ◆ School awareness sessions with interactive health games
- ◆ Fitness games in public parks
- ◆ 30-day fitness and wellness challenges
- ◆ Online community for daily tips, stories, and motivation

Our Impact So Far

- ✓ 200+ active members across Instagram, WhatsApp & LinkedIn
- ✓ High community participation and positive feedback
- ✓ Organised more than 10 events across institutions and parks.

Why It Matters?

With NCDs on the rise, preventive health and community engagement are more important than ever. Lonjiva is a replicable model that empowers individuals and communities to take charge of their long-term well-being.

Team Members:

Appala Tejaswini
Dr Deeksha M
Dr Chandrika H G
Dr Pooja S L
Preethi R R
Hemanth R
Dr Shivani A

Mentors:

Dr Anil S Bilimale
Shashirekha B





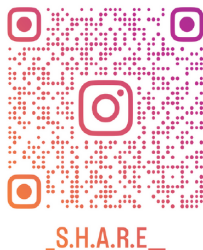
S.H.A.R.E

A Shoulder to Lean On, A Heart to Rely On



PROJECT OVERVIEW

The project SHARE aims to address the rising need for emotional and social support among the elderly by engaging youth as catalysts for change. By nurturing meaningful connections and shared companionship, the project envisions a society where seniors are valued and celebrated, and young people are empowered to make a lasting difference. Together, can bridge the generational divide and create a future where every older adult experiences dignity, belonging, and joy.

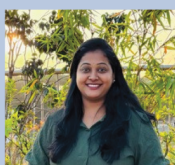


S.H.A.R.E.

● “No one comes to see me anymore.
Sometimes I forget the sound of laughter.”
— Elderly resident, Mysuru



MENTOR



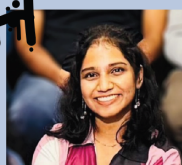
Dr. D M Shilpa
Assistant professor
School of Public Health
JSS MC, JSS AHER

S



Ms. Sana Shafiya

H



Dr. Hyndavi Bolla

A



Dr. Anjana Bhadrar

R



Dr. Rachana BN

E



Dr. Parineetha Raj

TEAM

We are committed to be a superhero in someone's life. Are you ?





Group 4

MANASSVASTHA

Balance Boost Blossom

Overview

Mental health is often overlooked, especially among adolescents, due to stigma, silence, and lack of awareness. This project brings those challenges into focus through a creative video series that uses simple, story-driven content to explain common mental health disorders. By making complex topics easy to understand and relatable, it empowers adolescents with the knowledge they need and helps build a culture of empathy, support, and mental well-being in schools and communities.



Team members

Ms Enisha Siangshai
Dr Mahima R
Mr Mayur B V
Dr Nikitha C
Dr Niveditha M
Ms. Sanjana M
Dr. Shalini S

Mentor

Dr Sreena T V



GROUP 5

AROGYA JYOTHI



SUPPORTING HEALTHY AGEING: A RESOURCE FOR ELDERLY HEALTHCARE ACCESS

Overview

The project addresses poor awareness of free government health insurance among the elderly. Pamphlets & videos with simple, low-cost, and culturally relevant content were developed to improve knowledge and access. Materials were shared through health workers, SHGs, and community centers, ensuring reach to both literate & semi-literate populations.



TEAM MEMBERS

Dr Sindhu G
Ms Vidyashree M
Dr Pavan B L
Ms Mansi Bisht
Dr Aishwarya N
Mr Rahul P
Ms Rakhiya Erum

MENTOR

Dr DIVYA K. L

GROUP 6

NUTRIGARDEN



This innovative public health project aims to enhance the nutritional Impact of the Mid-Day Meal (MDM) program by Integrating school gardens as a complementary strategy to address persistent micronutrient deficiencies among school-aged children. While the MDM program has successfully improved school attendance and reduced hunger, malnutrition remains a concern. Establishing gardens within school premises offers a sustainable, community driven solution that enriches meals with fresh, locally grown vegetables and herbs. Beyond Improving dietary diversity, these gardens serve as Interactive learning spaces where students engage in agriculture, environmental care, and nutrition education, fostering healthier food choices and long-term habits. The project adopts a qualitative study design in selected JSS schools in Mysuru using convenient sampling. In-depth Interviews with principals, teachers, students, parents, administrative staff, and agriculture department officials are conducted to evaluate the feasibility, acceptability, and sustainability of the school garden model. The initiative highlights the potential of Integrating education, nutrition, and agriculture to promote holistic child development and long term food security.

TEAM MEMBERS

Ms. Gouhar Sha I
Dr. Vidhyashree K
Dr. Yashwanth M C
Dr. Hemangi Thakre
Dr. Shubhashree AN
Ms. Veena Bhainaik



MENTOR

Ms. Sheeba B



DEPARTMENT ACTIVITIES



WORKSHOP ON

'Digital and AI skills for healthcare professionals: 10x your productivity'

Technology is the pulse of modern healthcare, pumping innovation, efficiency, and compassion. To encompass these qualities, the School of Public Health, JSSAHER, hosted an engaging workshop on 'Digital and AI skills for healthcare professionals: 10X your productivity' on 30th August 2024, led by the renowned Dr. Sajjan Madappady, a pioneer in leveraging technology for healthcare excellence. Around 80 participants from various departments and constituent colleges of JSSAHER joined the session, which covered:

- ChatGPT for enhanced research and patient care
- Mind mapping for visually organising the ideas
- AI-powered PowerPoint presentations for impactful communication
- AI-powered image generation for creative visual aids
- Canva for designing attractive and effective visual content
- Crafting effective and attractive CVs to stand out

Dr. Sajjan expertise and interactive approach made the session informative, engaging, and highly productive. His passion for empowering healthcare professionals with digital and AI skills is truly remarkable.



WORKSHOP ON

"Data Acquisition to Analysis"

A 3-day hands on research methodology workshop on "Data Acquisition to Analysis" commenced at School of Public, JSS AHER MG road campus. The session was inaugurated by Dr Audra Lynn Anjum, Instructional designer, Ohio University, who is also a distinguished Fulbright-Nehru scholar. The workshop was graced by participants including Master of Public Health students, PhD scholars from Environmental sciences department, University of Mysuru, faculty and scholars from JSS Medical College and Hospital. The three-day workshop will equip the participants to develop and validate their research tool and come up with a detailed analysis plan. The participants shared their views and expectations from this workshop and an overwhelming response was obtained after the day 1 of the workshop.



MS EXCEL

Basics hands-on workshop

The School of Public Health, JSS MC hosted MS Excel: Basics hands-on workshop on. This workshop aimed to equip students with essential Excel skills for data coding and analysis an integral part of public health research and practice. This workshop covered formulas and logical operations including SUM, AVERAGE, IF, etc, Data cleaning techniques through filters such as managing missing data and removing duplicates, and creating and formatting graphs like bar charts, line graphs, and pie charts. This session gave students valuable tools to enhance their coursework and prepare for future Public Health careers.



WORKSHOP ON SOCIAL ENTREPRENEURSHIP IN PUBLIC HEALTH

A two-day Social Entrepreneurship Workshop for MPH students was held on November 28- 29, 2024, to inspire entrepreneurial ideas among them. The day one featured insightful sessions by faculty from the School of Public Health. On Day two, expert speakers included Dr. Prashanth Sadashiv Murthy, Deputy Dean (Academics), JSS AHER on Social Entrepreneurship in Public Health, Mr. Pramod S.P, Head - Incubation Presidency Launch Pad (TBI), Presidency University, Bengaluru on building a social enterprise, Mr. Chandrakanth, Head of Programs, SJCE-STEP on Funding Strategies. The entrepreneurs Mr. Anudeep S, Co-founder of Dhriti Bio Solutions, Director of Phitons, Bioengineering PVT Limited, and Scientific Advisor of Peelon Inc, and Ms. Sreelakshmi Desi Raju, Co-founder of Tri phase Pharmaceuticals, Co-founder and CEO of a probics, shared their successful journeys to the audience. The event concluded with a vibrant panel discussion, "Unleashing the Social Potential," by Dr. Kumar GS, Head of the Health sector, SVYM, Dr. Neelesh Kapoor, Founder and Head of Medical Practice, Eka Care, Dr. Anoop Radhakrishnan, Co-founder, Director, Chief Marketing Officer, Address Health and moderated by Dr. Anil S. Bilimale, Chief MPH Co-ordinator.



WORKSHOP TITLED

"Peak Pulse – Speak Out And Reach Out"

The School of Public Health, in collaboration with " MiTR-A friend you can lean on" organized a workshop titled "PEAK PULSE - SPEAK OUT AND REACH OUT" . The event aimed to educate, empower, and enable a collaborative approach to addressing academic pressures, fostering emotional intelligence, and promoting resilience among students. This student-centric workshop was thoughtfully designed based on insights gathered through a preworkshop survey, ensuring that it resonated with the participants' needs and concerns. Esteemed experts, including Mr. Brighton Anbu, Youth and Family Counsellor and Director of Operations and HR at the Family Research Institute, Dr. Anil Bilimale, Chief MPH Coordinator at the School of Public Health, and the MiTR team comprising Mr. Thomas, Program Leader, Mr. Sujin Abraham, Director and Board Member, and Ms. Lydia Raju, Psychologist, led the sessions with valuable guidance and practical strategies. The discussions highlighted approaches to navigating academic challenges, building resilience, and developing emotional intelligence to make informed, impactful decisions.



RESEARCH METHODOLOGY WORKSHOP ON

"Data Analysis to Dissemination"

"Data Analysis to Dissemination" this interactive three-day workshop, attended by enthusiastic participants from School of Public health and three participants from College of Nursing, included a blend of hands-on training and lecture sessions. Key topics covered ranged from data collection, entry, and analysis (quantitative, qualitative, and mixed methods) to scientific writing, plagiarism issues, authorship ethics, and publication processes. Esteemed resource faculty guided participants through practical assignments, ensuring a comprehensive understanding of the research journey from data to dissemination. The workshop wrapped up with a valedictory session and group photo, leaving participants equipped with enhanced skills and knowledge for their academic and professional pursuits.



WORKSHOP ON "DEM LEARN:

Dementia Recognition, Minimum Cognitive Impairment in the Community, and Management

A one-day workshop titled "Dem learn: Dementia Recognition, Minimum Cognitive Impairment in the Community, and Management" was held at School of Public Health on May 3rd, 2025. The event was conducted by Dr Pratibha Pereira and Dr Ajay Sharma, both experienced professionals in the field of geriatrics and community mental health. The workshop aimed to enhance awareness among faculties and students of Public Health Professionals to identify early signs of dementia and mild cognitive impairment (MCI) in the community setting.

Workshop included:

Understanding Dementia and MCI: An overview of dementia types, risk factors, early signs, and progression. **Community-based detection and tools:** Introduction to effective screening tools with focus on General Practitioner Assessment of Cognition (GPCOG), Montreal Cognitive Assessment (MOCA), and Hindi Mental State Examination (HMSE). Participants were trained on administering the tool and interpreting results. **Interactive Learning:** Hands-on practice using the different tools, case study discussion, and interactive Q&A sessions helped practical understanding. Participants were encouraged to perform routine cognitive screening in older adults.



WORKSHOP ON

"Personal Branding & Financial Fitness"

Mr. Charan's session focused on the evolving role of doctors in the digital age. With patients becoming more informed and specialization increasing, it's no longer enough to just be a doctor—you must stand out and be discoverable. He emphasized building a unique professional identity and introduced the WAVE framework: Why, Audience, Value, and Energy—a guide for doctors to build an authentic personal brand that connects with the right audience. His talk encouraged healthcare professionals to not only be medical experts but also empathetic communicators and clarity coaches.

Mr. Prashant Jogimutt's session tackled financial wisdom for young professionals. Drawing from Warren Buffett's rule—"Never lose money"—he introduced practical tools like the 50/30/20 rule, the 30-30-10-30 income model, and concepts such as the Rule of 72, SIPs, and emergency fund planning. His session empowered participants with actionable strategies to build wealth with discipline, right from the start of their careers.



ONLINE SESSION ON

Introduction to Qaly and Meta-analysis



"Introduction to QALY and Meta-analysis" on 24th January 2025 from 9.45am to 11am. Guest Speakers: Mr. Shubham Sharma, Founder & CEO of TRIPODHEOR, introduced the fundamentals of meta-analysis, demonstrated evidence synthesis using R software, and guided students on creating forest plots. Ms. Khushboo Kumari, Project Research Scientist at AIMS Pune, explained Quality-Adjusted Life Years (QALY) and its vital role in health economics and decisionmaking.

Key Takeaway: & Understanding QALY as a measure of quality and quantity of life.

- Basics of meta-analysis and its applications using R software. & Real-world insights into public health research and evidence-based practices.
- The transformative impact of these tools on healthcare decision-making. This session empowered our students with essential knowledge, equipping them to excel in public health research.

GUEST LECTURE ON

"Lessons Across States: Advancing Health and Early Childhood Development Programs"

Dr. Apoorva Dharmappa, Lead Health Consultant, Govt. of Meghalaya, for a guest lecture titled "Lessons across states advancing health and early childhood development programs".

Dr. Apoorva shared valuable insights on the current health scenario in Meghalaya, emphasized the importance of early childhood development for a healthier future, and highlighted the innovative initiatives under the ECD Mission, which aims to provide holistic development opportunities for young children in Meghalaya. MPH students benefited greatly from her expertise and engaging session.



GUEST LECTURE ON

"Mastering the Business Model Canvas"



Unlocking the Power of Business Models in Social Entrepreneurship, the School of Public Health were thrilled to host Mr. Chandrakanth CK, Head of Operations, SJCE STEP, Mysuru, for delivering a guest lecture on "Mastering the Business Model Canvas"! on the 16th of January 2025.

The Key Takeaways of the session included: The 9 essential components of the Business Model Canvas how to create a sustainable business model Real-world examples Mr. Chandrakanth's insightful session equipped our students with the knowledge to build impactful social entrepreneurial projects that can drive positive change.

ONLINE GUEST LECTURE ON THE TITLE:

"Inspirational Talk: My Life Journey Through MPH"

"Inspirational Talk: My Life Journey Through MPH", by Dr Shivanand B Savatagi, Assistant Professor, M.S. Ramaiah University of Applied Sciences. This session motivates our students through the speaker's journey from MPH to assistant professor. Dr Savatagi shared the hurdles he faced in pursuing the research and how he overcame those problems during COVID-19. Since the speaker got many scholarships from various countries, he guided our students on how to get such kind of fellowships how to draft a proposal, and also suggested a few websites to apply for fellowships. Dr. Shivanand works on many projects, he gives ideas about the funding agency and how to apply for grants in those agencies. As a public health professional, analysis, prioritization, and decision-making are very important, he spreads light on areas like, how to analyse the depth of the problem, and how to make decisions and give priority based on work. The speaker also suggests career opportunities, like how to work with the NGO's and how to build the network. In the question-and-answer session, Dr Shivanand cleared the doubts of our students. Overall, this session was very informative for our students and got motivated by the speaker's journey to apply for fellowships, to apply for projects, and to do the publications



GUEST LECTURE ON

"Mastering the Art of Public Speaking"

"Mastering the Art of Public Speaking." The event took place on November 5, 2024, from 12:00 pm. to 1:30 pm, and featured Mr. Kishore Rachaiah, the founder of mPower talk, as the distinguished speaker. Dr. Vidya C.S., Head of the Department and Professor in the Department of Anatomy, played a key role in coordinating and facilitating the event, helping to bring the esteemed speaker to the School of Public Health. During the session, Mr. Rachaiah shared his expertise on effective public speaking, emphasizing techniques for building confidence, knowing and connecting with audiences. He also provided valuable insights into overcoming the fear of public speaking, using body language effectively, and employing storytelling to enhance message delivery and making the event both insightful and interactive. The session was well-attended by eighty students, faculty members of School of Public Health and Department of Anatomy, interested in honing their communication abilities, underscoring the importance of strong public speaking skills in professional and personal growth.



GUEST LECTURE ON "MPH UNLOCKED:

My Journey and Government Career, Global Health Beyond Borders "

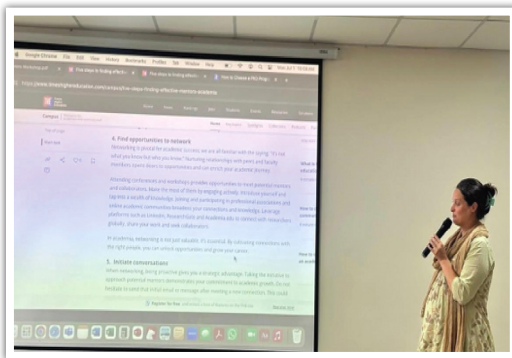
The postgraduate students of the School of Public Health and Department of Community Medicine attended an enlightening guest talk by Dr. Deepa Iyengar on "Global Health Beyond Borders." Dr. Iyengar, a distinguished academic and Vice Chair of the Department of Family and Community Medicine at UT Houston McGovern Medical School, shared her vast experience in family and community medicine. Her lecture emphasized the interconnectedness of global health systems and the need for collaborative efforts to address health challenges such as pandemics, noncommunicable diseases, and health inequities. She also highlighted the importance of integrating global health education into medical curricula and addressed critical issues like obesity and cardiovascular risk in South Asian populations. The session was highly interactive, inspiring students to think critically about their roles in global health. Dr. Iyengar's talk left a lasting impact, reinforcing the idea that health transcends borders and requires a collective approach.



GUEST LECTURE ON

Finding and Academic Mentor and applying to graduate programmes in the United States

A guest lecture titled, 'Finding an Academic Mentor and Applying to Graduate Programs in the United States' was conducted by the School of Public Health, JSS Medical College on 01st July 2024. Dr Javad Anjum, Assistant Professor in the Department of Communication Sciences and Special Education at the University of Georgia and Dr Audra Lynn Anjum, Fulbright-Nehru Scholar 2023-2024 and instructional designer at Ohio University in Athens, Ohio were the guest speakers for the session. The session guided prospective students through the essential steps of identifying and connecting with potential mentors, understanding the role they play in academic success, and crafting a strong application for graduate programs. Attendees gained practical insights into building meaningful mentor-mentee relationships, as well as strategies for presenting their academic and professional experiences to enhance their applications. The session also discussed Fulbright funding opportunities for Indian citizens.



SEMINAR ON COMMERCIAL DETERMINANTS OF HEALTH (CDOH)

The School of Public Health, JSS Medical College, in collaboration with the Institute of Public Health (IPH), hosted an insightful seminar on the Commercial Determinants of Health (CDOH) on 24th February 2025. Speaker: Dr. Upendra Bhojani, Senior Fellow, India Alliance DBT/Welcome Trust India. The session delved into the impact of business practices, products, and policies on public health. Dr. Bhojani highlighted how commercial entities can both promote and hinder population well-being. The seminar also explored broader social and political influences contributing to health disparities and presented five key approaches to addressing CDOH.



GUEST LECTURE ON HEALTH TECHNOLOGY ASSESSMENT (HTA)

Dr. Sidharth Shekhar Mishra (MBBS, MD, DNB (PSM)), a distinguished expert in public health, gave a insightful guest talk on Health Technology Assessment (HTA) as part of the MPH 3rd semester curriculum in Health Economics & Healthcare Finance Management. Key Highlights: Understanding Health Technology Assessment (HTA) and its role in public health Exploring Incremental Cost-Effectiveness Ratio (ICER) Insights into National Health Accounts (NHA) Benefits and applications of HTA in decision-making. The session provided valuable perspectives on how HTA intersects with health economics and finance, equipping students with critical knowledge for public health planning and policy-making.



ALUMNI TALK – BEYOND THE CLASSROOM BUILDING :

Skills, Research, and the Future in Public Health"

Ms. Mounika Sree, PhD Scholar, Department of Community Medicine, JSS Medical College, JSS AHER, presented on "Beyond the Classroom: Building Skills, Research, and Future in Public Health" her talk focused on how to grow essential skills and build a successful research career in public health. Ms. Chandana H N, Project Technical Support & PhD Scholar, Department of Biochemistry, JSS Medical College, JSS AHER, shared her insights on: "From Questions to Answers: My Exploration towards Research" she discussed her journey in exploring research topics and how she navigated the challenges of academic inquiry. Both talks were inspiring and gave valuable insights into the paths of research and skill development in public health and biochemistry



ALUMNI TALK ON "MPH UNLOCKED:

"My Journey and Government Career Opportunities in Public Health"

Dr. Satyam Sil, our distinguished alumnus, for an inspiring session on "MPH Unlocked: My Journey and Government Career Opportunities in Public Health." Dr. Sil shared valuable insights on: Public sector job opportunities, Essential skill sets for success, Staying updated with industry trends, A big thank you to Dr. Sil for engaging with our students and guiding them toward a brighter future in public health.



YOUNG VOICES : THROUGH PUBLIC HEALTH LENS

A Space for students to share local issues and concerns of their home town

Jowai, a town in the region of west jaintia hills, Meghalaya, faces several pressing community public health issues. Improper waste management remains a significant concern, leading to environmental pollution and potential health risks. Water shortage during the winter season affects daily life and hygiene, creating challenges for the community. Alcohol abuse is prevalent, contributing to social and health problems. Unemployment is another major issue, particularly among the youth, leading to economic instability and related social concerns. Additionally, maternal deaths continue to occur, reflecting gaps in maternal healthcare and access to medical facilities.

- Lakhon Khlem 2nd sem

Ilive in a rural area, and I've observed several public health challenges here. One of the most significant issues is limited access to healthcare facilities. The nearest Primary Health Centre (PHC) is about 6-8 km away, making it difficult to reach, especially when someone is unwell. For instance, the nearest bus stop from my home is 1.5 km away, and walking that distance while sick and then taking a bus to the PHC is quite challenging. Additionally, there are no nearby medical shops or Health and Wellness Centres, which makes accessing healthcare, especially during the night or in emergency situations, extremely difficult for the vulnerable population.

-Dr. Niharika.T.J, 2nd sem

Public Health Issues in Ghaziabad, Uttar Pradesh In Ghaziabad, access to clean drinking water is a major concern. Many high-rise societies receive foul-smelling and unsafe tap water, which has caused stomach infections and forced people to rely on bottled water. The city also faces seasonal outbreaks of mosquito-borne diseases like dengue and chikungunya, especially during the monsoon. Air pollution remains a serious issue throughout the year, affecting people with asthma and other respiratory conditions. Drainage problems in areas like Vaishali lead to waterlogging and increase the risk of disease. While the authorities are taking steps to improve sanitation and health services, more long-term solutions are needed.

- Shivaji Pal, 2nd sem

Dindigul district in Tamil Nadu faces public health issues like vector-borne diseases, anaemia, respiratory problems, and heat-related illnesses. To address these, potential job roles include Public Health Officers to oversee programs and ensure compliance, Health Educators to promote healthy behaviors, Epidemiologists to investigate outbreaks, Environmental Health Specialists to enforce regulations, and Community Health Workers to support vulnerable populations. Jobs can focus on vector control, nutrition counseling, surveillance, public awareness, and disease prevention measures to improve health outcomes in the region.

-Aruna Sivakumar, 2nd sem

One Public Health problem that always bothers me when I walk in Namma Bengaluru parks is plastics in the green space. BBMP has a board that mentions that actions like spitting, littering, eating, walking pets, etc. are prohibited. But now that the parks are open through 5AM to 10PM, a lot of youngsters come as couples or group of friends, consumed packaged foods and drinks and do not even bother to carry back the waste with them. Many college students celebrate birthdays and leave the plastic glitter, cake packages and other plastics which will eventually end up in the soil. Lack of basic civic sense and failure of vigilance by the security guard in charge are the reasons for this situation to worsen and cause this public nuisance.

-Dr. Sushma N M, 2nd sem

When Sweet Turns Bitter: A Village's Struggle"

Vellichandai, a quiet village in Palacode Taluk, Dharmapuri district, Tamil Nadu, is facing a silent but serious public health threat. A nearby sugar mill, while offering jobs, has been carelessly dumping molasses waste into open land for years. This untreated waste has seeped into the soil, contaminating local water streams and wells — once the lifeline of the village.

Today, villagers report foul-smelling, discolored water and rising health problems like stomach issues and skin rashes. Crops are failing, and fear has replaced trust in their natural resources.

Despite repeated complaints, action remains minimal. This situation highlights the urgent need for responsible waste management and stronger environmental protection policies. The people of Vellichandai deserve clean water and a safe environment.

-Sharmili.J, 2nd sem

Beyond Curriculum





Farewell for Batch 2022

ವೈದ್ಯ

ನಿನ್ನನೇ ನೀ ರಕ್ಷಿಸಿಕೊಳ್ಳಲಾರೆ, ಇನ್ನು ನೀ ಬಯಸುವೆಯಾ ಆ
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Dr Niharika T J, Batch 2024

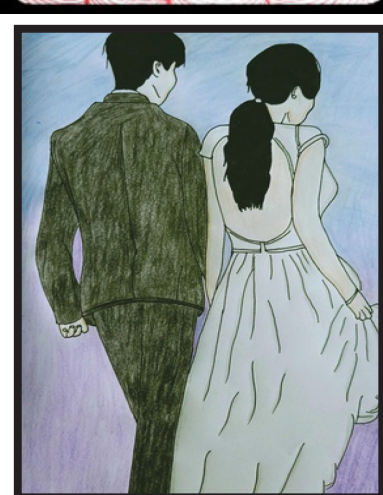
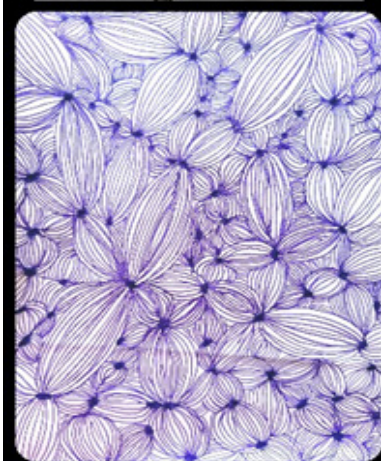
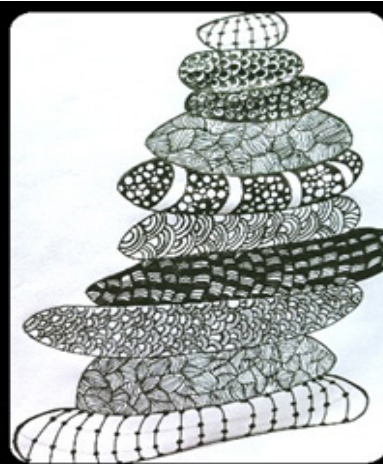


Dr Nisarga M S, Batch 2024



EGG SHELLPAINTING TISSUE PAPER ART DONE BY

Dr Hyndavi B, Batch 2023



Dr. Nisarga M S

Dr. Shivani A

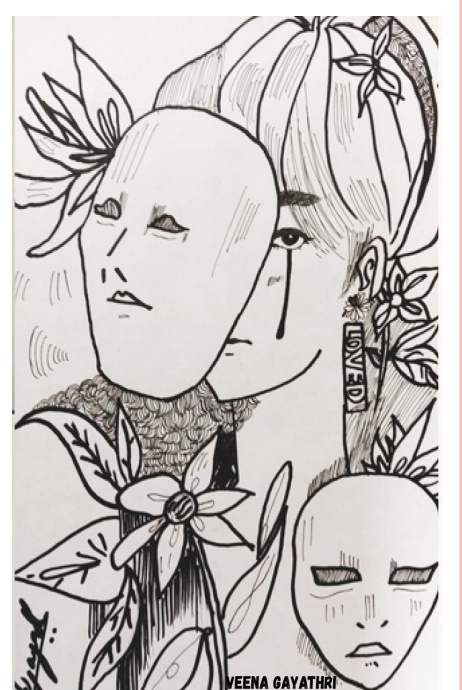
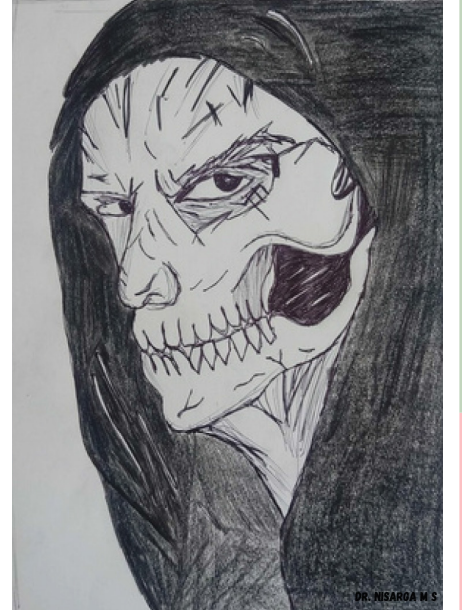
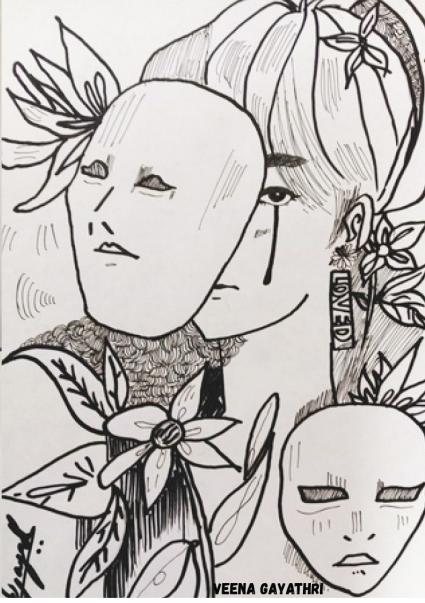
Dr. Hyndavi B

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ನೆನಪಿನ ಬುತ್ತಿಯೊಳಗೆ
ತುಂಬಿಕೊಳ್ಳುತ್ತಿರುವೆ
ಈ ಅನುಭವವೆ...
ಚಂದಿರ
ಅಂಬರದಲ್ಲಿ ಮೂಡಿ ಬಂದಿರಲು ಚಂದಿರ
ಭೂಮಿಗೆ ತಂದಿರಲು ಬೆಳದಿಂಗಳ ಸಂಭ್ರಮ
ರಾತ್ರಿಯಲ್ಲಿ ನೆರಳಿಗೆ ಜೀವ ತಂದಿರುವ
ಮತ್ತೆ ಮರಳಿ ಮರೆಯಾಗುವ ಮುಂಜಾನೆಯ
ಬೆಳಗಿಗೆ...
ತಿಂಗಳ ಬೆಳಕಿನ ನೋಟ
ಬೀಸು ಗಾಳಿಯ ಅಟ
ಮೋಡಗಳ ಹಿಂದೆ ಚಂದಿರನ ಓಟ
ಕಂಗಳಿಗೆ ಅನಂದದ ಊಟ...

Dr. Pavan K H
ಡಾ . ಪವನ್ ಕೆ ಹೆಚ್



ಬೆಳೆಯುವ ಸಿರಿ ಮೊಳಕೆಯಲ್ಲಿ, ವಿವೇಕಾನಂದರೇ ಸ್ಫೂರ್ತಿ
ಇವರಿಗಿಲ್ಲ, ಚಿಗುರಿದ ಆಸೆ, ಚಿವುಟೆ ಹೋಗಲಿಲ್ಲ, ನೆಲಕ್ಕೆ ಬಿದ್ದ ಬೀಜ
ಮರವಾಯಿತಲ್ಲ...

ಯಾರಿಗೂ ಕಾಣದ ಜೀವಗಳ, ಜೀವನವೇ ಇವರಿಗೆ ಧೈಯ... ಆರೋಗ್ಯ,
ಶಿಕ್ಷಣ, ಇಷ್ಟೇ ಅಲ್ಲ, ಆರೈಕೆ, ಇದೇ ಎಲ್ಲಾ, ಎಲ್ಲೆಲ್ಲಿಯೂ, ಕಾಡಲ್ಲಿಯೂ,
ನಾಡೆಲ್ಲಿಯೂ...

ಗಿರಿ ಜನರ ಅಭಿವೃದ್ಧಿಯ ಹಾದಿ ಹಿಡಿದು, ಅವರೊಡನೆ ಅರಿತು ಬೆರೆತು
ಅವರಿಗಾಗಿ, ಅವರೊಂದಿಗಿರುವರು...

ಸೇವೆ, ಅಹಿಂಸೆ, ತ್ಯಾಗ, ಸತ್ಯ ಇವರ ಬುನಾದಿ, ನವ ವಿವೇಚನೆಗೆ ಇದೇ
ನಾಂದಿ, ಎಂದೂ ಆರದಿರಲಿ ಈ ನಂದಾ ದೀಪ, ಎಷ್ಟೋ ಯುವ
ಜನತೆಗೆ ದಾರಿದೀಪ, ನಂಬಿಕೆಯೇ ಇವರ ಅಸ್ತ, ಅದುವೇ ನಾವು
ಕಲಿಯಬೇಕಾದ ಶಾಸ್ತ್ರ...

- Dr. Niharika T J



Dr Deeksha participated in U Fest



Dance Team Freshers 2023



Fresher's Party for Batch 2024

MOTHER, NATURE AND NURTURE

The bond a mother shares with her child!

So affectionate, deep, free and wild!

Bearing all the pain she gives birth,

Nine months of wait seems all worth.

There's another gift from mother nature,

A mother has milk for her kid to nurture.

'BREAST MILK IS THE BEST MILK.'

Which no abled mother would bilk.

What a wonderful thing it must be!

Breast milk keeps the baby disease free.

For, it is the best possible baby food.

Gives nutrition, immunity; does all good!

All new mothers must be encouraged,

In breast feeding they must be engaged.

Do it exclusively and burp in the right way,
For 6 months at least to chase infections away.

Not only babies get its benefits,

But also for mothers to lower the risk

Of cancers, burn fat and oxytocin release,

So breastfeed; it can be done with ease.

Dr. Sushma M N

A FUTURE FOR EVERY SOUL

सुखं निर्विकारेत्वेनावबुध्यते इति स्वस्थः।

स्वास्थ्य भावः स्वास्थ्य।

Sarve Bhavantu sukhinaha

A prayer for all, both near and far

And a torch to light the way,

Through the darkness, come what may.

May you whine today

And dine tomorrow,

Because the present hardships,

Keeps away the future's sorrow.

For every life, a purpose deep.

For every soul, a chance to grow

Each sunrise brings a path unknown,

With seeds of wisdom gently sown.

Let every voice sing out in peace,

A melody that will never cease.

For every tomorrow full of grace and joy.

— Dr. Nisarga MS



Sharmili J



Likitha V K



Dr. Krishna Priya N



Dr. Aishwarya N



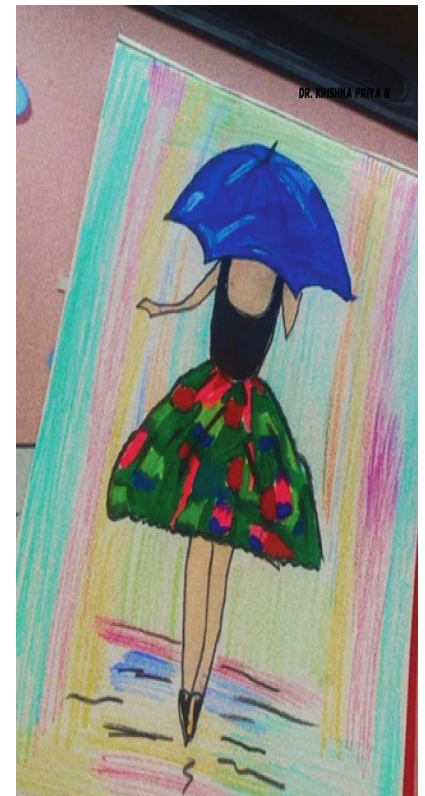
Dr. Aishwarya N



Dr Nisarga M S



Dr. Aishwarya N



Likitha V K

Alumni Testimonials

"From SPH, JSS I may be gone — but in my heart, it still lives on!"

My postgraduate journey at the School of Public Health, JSS, was truly life changing. It wasn't just about academics – it was a complete transformation of who I am today. The exposure I received helped me grow, both professionally and personally. I became more independent, confident, and driven.

At JSS, we didn't have a teacher-student relation – we were one family. From classrooms to campus corridors, from WHO project involvements to cultural celebrations, every moment shaped me. I had the privilege to learn under inspiring mentors like Anil Sir, whose encouragement opened doors to real-world opportunities, especially in global health. Sheeba Ma'am and Sulochana Ma'am were pillars of support – always caring and motivating us beyond academics.

We faced challenges, celebrated victories, and created lifelong bonds. Events like freshers' parties, farewell gatherings, and outings were more than fun – they were moments of connection and shared joy. Even my family felt proud of the environment I was nurtured in.

This journey left such an impact that I recommended SPH, JSS to many – and I'm proud to say four of my juniors joined because of my words. That itself says how much this place means to me.

I miss those days, and I carry the lessons, friendships, and memories with deep gratitude.



Lathika
Project Research Scientist,
ICMR-NIE, Chennai

Public health has always been a fascinating domain to me, with immense scope and relevance. I joined the School of Public Health at JSS Medical College in 2022 and completed my master's in 2024. I stepped in with a focused intent to eventually work in the field of health policy. Over two years, I was exposed to a wide range of subjects from the foundational concepts of epidemiology and biostatistics to the more complex domains of health systems, maternal and child health, health economics, and policy analysis. Excelling academically with a gold medal was never really the goal. What mattered more was learning deeply and enjoying the journey, and I'm happy to say I did just that. My time in Mysuru was truly special, both at college and in the city. This place has given me so much to be grateful for. I'll always carry fond memories of my professors, mentors, and friends who made this journey worthwhile.

This gold medal is a sweet reminder of all those efforts and experiences. And I look forward to continuing my journey in public health with the same curiosity and commitment.



Dr. Preksha Singh
MPH Batch 2022-24
School of Public Health, JSSMC
Currently placed at the NHSRC,
MoHFW, Delhi.

1. Mr. Rajiv Ranjan Tiwari (2020 - 2022)

District VBD Consultant, Ranchi

As an alumnus of the JSS School of Public Health, my journey in this esteemed institution was truly transformative. The exemplary faculty provided unwavering support and dedication, imparting not only a strong theoretical foundation but also fostering critical thinking and problem-solving skills crucial in public health. The vibrant and inclusive environment nurtured my personal growth and encouraged collaboration. Today, as a public health professional, I am deeply grateful to my alma mater for shaping me into the individual I am. I proudly cherish the memories and experiences that have profoundly influenced my career.



2. Steven Sam Mathew (2022 - 2024)

Program Coordinator at The Max Foundation, Worli, Mumbai.

I gained much more than just academic knowledge during my two years of MPH studies at JSS School of Public Health in Mysuru – Batch (2022–2024); I also gained practical skills that are crucial for success in the workplace. Skills such as active listening and speaking were greatly improved by the program, which now enables me to comprehensively understand and clearly convey relevant information. Setting clear priorities while managing several tasks at once was one of the most necessary skills I acquired. I learned efficient time management techniques that avoid work backlogs from the programs strict deadlines and project-based evaluations, which I now use daily in my professional capacity. This holistic education at JSS School of Public Health transformed me from a student into a well-rounded public health professional prepared to address real-world challenges with evidence-based solutions and practical skills.



3. Dr. Divya (2022 - 2024)

Project officer in St. John's Research Institute, Bangalore.

I completed my MPH in School of Public Health, JSS Academy of Higher Education and Research, Mysore. I had the opportunity to be a part of several research workshops and various activities which have benefited me in gaining research skills, to be proactive, to be integral in social activities, and to be a public speaker. While pursuing MPH I have been acquainted with social speaking skills which has helped me to do my job better. I am truly grateful to have been a student at the School of Public Health, JSS AHER, Mysore, not because it's a well known organisation but for the department and the staff who have constantly pushed us to do better.



4. Chandana Yadav (2022 - 2024)

Project Technical Support II in the Ignition Grant Project at ICMR-NITM, Belagavi.

My training at JSS AHER has played a vital role in shaping my fieldwork capabilities. The academic exposure and hands-on experience I gained have empowered me to effectively contribute to research and community-level interventions in public health. I acknowledge the significant role that JSS AHER played in our academic and professional journeys and remain deeply thankful for the mentorship and learning environment that prepared us for impactful careers in public health.



5. Dr. RNS Abhigna Mahathi (2022 - 2024)

Project Research Scientist- Medical I, ICMR- NCDIR

I completed my Master of Public Health (MPH) after my dental degree, driven by a strong interest in research particularly in the area of non-communicable diseases like cancer. The MPH journey provided me with a solid foundation in research methodology, epidemiology, and data analysis, which have become integral to my work today. The skills and exposure gained during my MPH have enabled me to approach public health challenges with a critical, evidence-based perspective. My training also enhanced my abilities in scientific writing, program evaluation, and collaborative research. The support and guidance from my mentors, peers, and the academic community have played a crucial role in shaping my path and inspiring me to pursue meaningful work in the field of public health research.



6. Dr. Shravanthi (2022 - 2024)

Senior Research Fellow at the Trans-disciplinary University, Bengaluru.

I completed my Masters in Public Health from School of Public Health, JSS Medical College, Mysuru in 2024. During my MPH, I developed a strong foundation in research methodology, epidemiology, biostatistics, and health communication and promotion. I also gained hands-on experience in qualitative and quantitative research, report writing, field data collection, community engagement, and designing health education materials. These skills have been instrumental in my current role, enabling me to design effective study tools, carry out health assessments, analyse data meaningfully, and contribute meaningfully to evidence-based projects focused on improving population health.



7. Dr. Vismaya S (2022 - 2024)

Project Lead, NIMHANS

I completed my Master of Public Health (MPH) after my dental degree, driven by a strong interest in research particularly in the area of Mental Health. The MPH journey provided me with a solid foundation in research methodology, epidemiology, and data analysis, which have become integral to my work today. The skills and exposure gained during my MPH have enabled me to approach public health challenges with a critical, evidence-based perspective. My training also enhanced my abilities in scientific writing, program evaluation, and collaborative research. The support and guidance from my mentors, peers, and the academic community have played a crucial role in shaping my path and inspiring me to pursue meaningful work in the field of public health research.



8. Ms Kirubha Lakshmi R (2022 - 2024)

Assistant Professor at Sri Ramachandra Institute of Higher Education and Research, Chennai.

I completed my Master of Public Health at JSS School of Public Health, Mysuru. I've gained a broad range of skills and knowledge in key areas essential for addressing public health challenges. I've developed expertise in research and analysis, program planning and evaluation, policy development, and data analysis and interpretation. Strong communication and collaboration skills enable me to work effectively in teams and engage stakeholders. Leadership and management skills prepare me for roles in public health administration, management, and academia. As an Assistant Professor, I leverage these skills to design and teach courses and conduct research that informs public health practice. Depending on my concentration, I've acquired specialized skills such as study design, statistical analysis, program development, and policy analysis. These skills and knowledge areas equip me to contribute effectively to improving population health outcomes through research, education, and service, while inspiring and guiding the next generation of public health professionals.



9. Dhanlaxmi Suresh Gowda (2022 - 2024)

Consultant Project Officer, Address Health

Public Health Enthusiast, School of Public Health, JSS MC. I am Ms. Dhanlaxmi Suresh Gowda, currently serving as a Consultant Project Officer at Address Health. My journey in public health began in 2022 at the esteemed School of Public Health, JSS Medical College a place that has been truly transformative for my academic, professional, and personal growth. Reflecting on nearly two years of this enriching academic journey, I am filled with immense pride and gratitude. It was through the dynamic opportunities provided especially in community-level project management and policy-driven initiatives that I discovered my potential to lead, collaborate, and contribute meaningfully within both governmental and social sectors. This journey has shaped me into a confident and capable public health professional, and I consider it one of the most impactful and wise decisions of my life. I remain deeply thankful to my mentors, peers, and the institution that laid the foundation for what I believe will be a promising and purpose-driven career ahead.



10. Dr. Priyanka (2021 - 2023)

Project Coordinator for BIGRS Project NIMHANS

I am profoundly glad that I chose to pursue a degree in public health at JSS. This course has played a pivotal role in my overall development, equipping me with a well-rounded set of skills and knowledge. The lessons and experiences I gained during my college days have been immensely beneficial in my professional career. The Master of Public Health program at JSS offers an excellent combination of theoretical and practical knowledge, ensuring that students are well-prepared for real-world challenges.



WALL OF FAME
Alumi placements Batch 2022 - 2024

SL.No	Student Names	Position	Institute
1	Alisha Thomas	Project Technical Support III	St. John's Research Institute
2	Apoorva Singh	Ansh Health, Monitoring & Evaluation Coordinator	Maternal & Child Health
3	Dr Arpitha A H	DHQM	NHM
4	Dr. Ayushi Barmotra	Cluster Coordinator	Yuvraj Singh Foundation
5	Chandana yadav	Research Technical Support II	ICMR-NITM
6	Chetan M S	Assistant research officer, Stroke Research	NIMHANS
7	Dr Darshini V	Doctor In Charge	IISC project Sickle cell Anaemia
8	Dhanlaxmi Gowda	Project Scientist- ICSSR	SPH, JSS MC
9	Dr. Divya PR	Project Officer	Sakhi Menstrual Rights Project
10	Harini. R	Project coordinator in the NIH Project at CECCR	Sri Ramachandra Medical College
11	Harshitha. J	Malaria research as Project Technical support-III	ICMR- National institute of malaria research, Bengaluru
12	Kamali L	Project Technical Support-III ICMR project	Subbaiah Institute of Medical Sciences and Research Centre
13	Kishor S Gowda	DHWC	NHM
14	Mohit Negi	PTS III	Community Empowerment Lab, Lucknow
15	Preksha	Fellow- Knowledge Management Division (KMD)	NHSRC
16	Priyanga.T	Research Assistant	SRM Medical College
17	Dr. RNS Abhigna Mahathi	ICMR-NCDIR Bengaluru, as Project research scientist-I (Medical)	Cancer Research
18	Dr. Shravanthi S	Senior Research Fellow - TDU, Bengaluru	The University of Transdisciplinary Health Sciences & Technology
19	Steven Sam Mathew	Program coordinator	Max Foundation
20	Swarna S R	Cluster Coordinator	Yuvraj Singh Foundation
21	Dr.Vismaya S	Lead project coordinator	NIMHANS, Bengaluru

PROGRAMS UNDER SCHOOL OF PUBLIC HEALTH



**2025-26
BATCH**

**ADMISSION
OPEN**

**BACHELOR OF
PUBLIC HEALTH
(BPH)**

This program is designed to offer a strong foundation in public health principles, preparing students for careers in various aspects of public health practice.

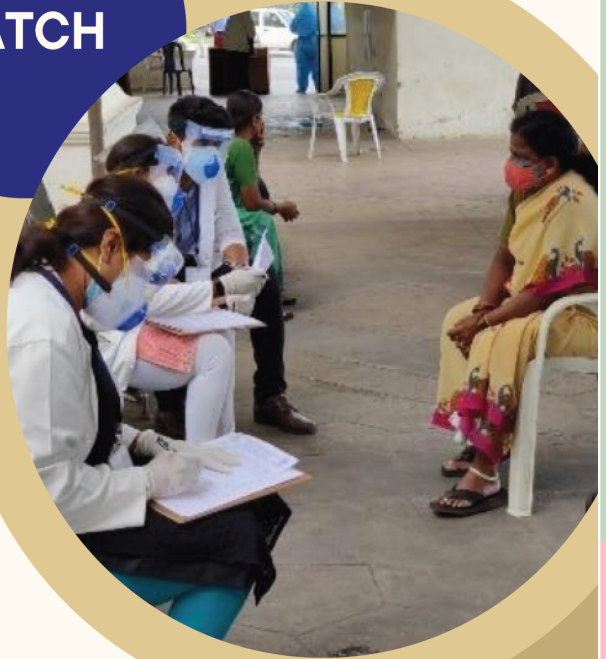
**4 Year Program
8 Semesters
Limited Seats (20)**

**SCAN
HERE**



**FOR ADMISSION
APPLICATION LINK**

contact us: jssmph@jssuni.edu.in



ELIGIBILITY CRITERIA

- ✓ Candidates must have completed Higher Secondary Education (10+2) or Pre-University College in the science stream, with Biology as one of the core subjects.
- ✓ Candidates who have completed a two-to-three-year diploma in Allied Health Sciences after 10th/SSLC are also eligible.

COURSE OF STUDY

- 🎧 Classroom teaching
- 🎧 Discussions, role play
- 🎧 Practicums & Projects
- 🎧 Field visits
- 🎧 Workshops

DURATION OF STUDY

The duration of the program shall be on full time basis for a period of four years (eight semesters) from the commencement of the academic term.

English shall be the medium of instruction for the subjects of study as well as for the examination.

COURSE CREDIT SCHEME

S. No	Program	Credit
1	Core Modules	84
2	Ability/Skill Enhancement Courses	14
3	Internship	12
4	Research project (6 months)	22
5	Capstone project (2 months)	6
6	UGC Mandated Value Added Courses	7
7	Practicals	25
8	Total Credits	170

COURSE FEE

Year	Fee per Year
Tuition fee	75000
Other fee	As per JSS AHER guidelines

CORE COURSES

- Anatomy
- Physiology
- Biochemistry
- Introduction to Public Health & Demography
- Public Health Nutrition
- Pathology
- Microbiology
- Pharmacology
- Infectious Diseases and Non-communicable Diseases
- Epidemiology
- Basic Biostatistics
- Basic Research Methodology
- Environmental Health
- Ethics in Public Health
- Health Policy and Legislation
- Health Programs
- Social & Behavioural Change Communication & Health Education
- Health System Management and Public Health Leadership
- Disaster And Emergency
- Health Economics
- Data Processing and Analysis
- Study of Vulnerable Population
- International Health
- Social Entrepreneurship
- Recent Advances in Public Health
- Mental Health

SKILL & ABILITY ENHANCEMENT COURSES

- Kannada
- English
- Computer Basics
- Soft skills – Communication
- Academic Writing
- Software In Public Health
- Essential Software in Research (Zotero, Mendeley etc)

VALUE ADDED COURSES

- Constitution of India
- Physical Fitness for Health
- Digital & Technological Solutions
- Lifestyle for Longevity



MPH-BIOSTATISTICS

About the Program

The MPH in Biostatistics is a specialized two-year postgraduate program designed to equip students with advanced knowledge and practical skills in the application of statistical methods to public health research and practice. This newly introduced program, launching in September 2025, addresses the growing demand for biostatisticians in the fields of healthcare, research, pharmaceuticals, data science, and public health policy.

Why Choose MPH – Biostatistics at JSS AHER?

Academic Excellence: Offered by the prestigious School of Public Health, JSS MC, a constituent college of JSS AHER—a Deemed-to-be-University ranked among the top institutions in India.

Research & Practical Training: Emphasis on hands-on training using statistical software (R, SPSS, STATA, SAS, PYTHON etc.), real-world public health datasets, and research projects.

Interdisciplinary Approach: Curriculum integrating public health foundations, epidemiology, data analysis, programming, and data-driven decision-making.

Career-Ready Curriculum: Designed to meet global and national workforce demands in healthcare analytics, clinical research, NGOs, government, and academia.

Program Highlights

**Duration: 2 Years
(Full Time)**

**Medium of
Instruction: English**

Mode: OFFLINE

**ADMISSIONS OPEN
FOR SEPTEMBER
2025 BATCH**

Register Now

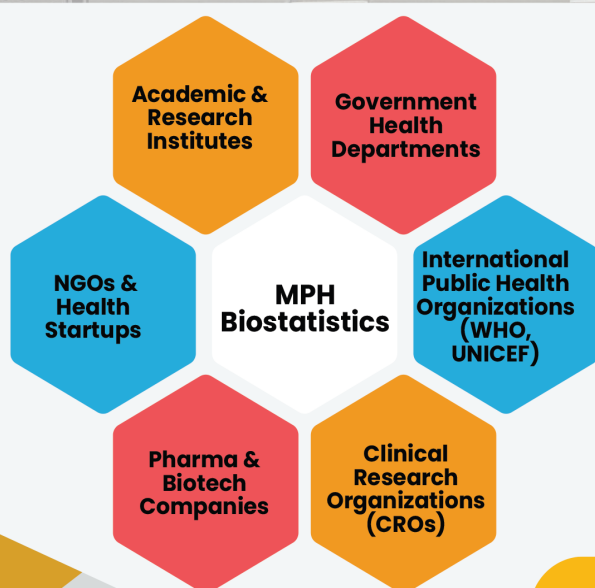


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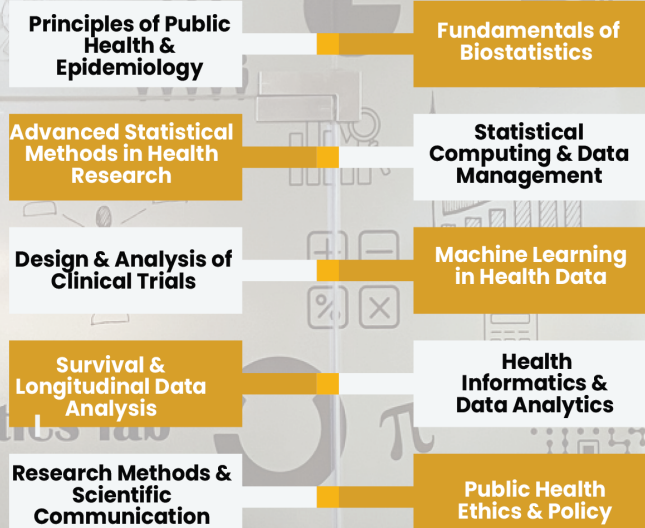
Eligibility

- Candidates for admission to MPH Biostatistics program should have completed Bachelor of Science (B Sc) with one of the subjects as Mathematics OR Statistics OR Computer Science.
- BSc in Applied Statistics/BSc in Life Sciences/Demography/Population Studies / Nutrition/Social Work.
- Medicine/AYUSH/Dentistry/ Veterinary Sciences / Bachelor of Public Health
- BE/B.Tech/BCA/BPH/Nursing/ B. Pharma
- MBBS/BDS/BAMS/BHMS/BSMS.
- Candidates should have cleared previous degree with minimum 50%.

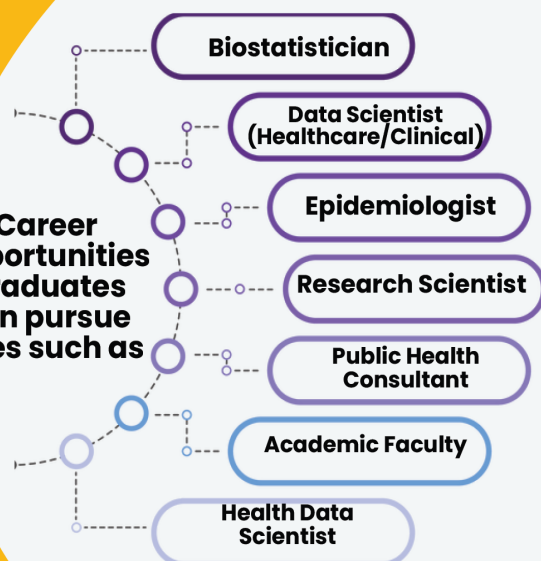
Opportunities are available in:



Key Subjects Covered



Career Opportunities Graduates can pursue roles such as



More Details



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M.Sc. Health Economics

Curriculum Highlights:

● Foundational Courses:

Principle and concept of Health Technology Assessment
Principle and concept of Health policy and Health systems
Principle of Economic for Health technology assessment
Research Methodology
Biostatistics
Evidence-based Medicine

⚙ Advanced concepts:

Priority setting in universal health coverage
Economic evaluation in Health
Pharmacoeconomics
Effectiveness and efficiency in Health
Health equity and social impact of Health technology

● Application-based:

Costing in Health
Measuring Health outcomes
Model-based Economic Evaluation
Evidence Synthesis

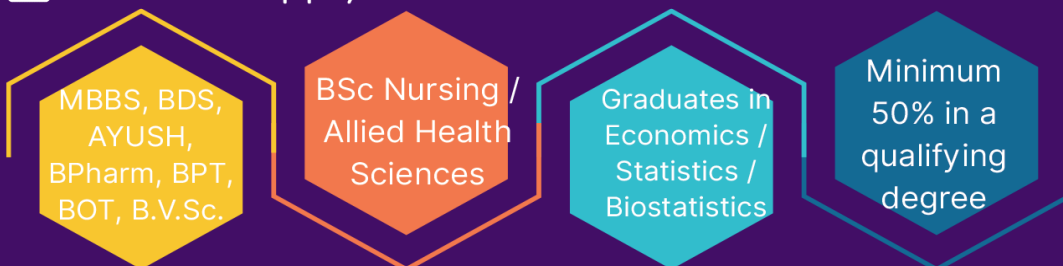




A specialized 2-year full-time postgraduate program aligned with HTAI, Ministry of Health & Family Welfare, Govt. of India

Eligibility

Who Can Apply?



Program Details :

Duration: 2 Years (4 Semesters)

Mode: Full-time with classroom teaching, projects, dissertation, workshops, and internship

Medium: English

Intake: 20 Students only.

Career Opportunities

Graduates can pursue careers in:

- Government agencies (HTAI, NITI Aayog, DHR)
- Health policy research & consulting firms
- International organizations (WHO, World Bank, BMGF)
- Hospitals, insurance, and health tech companies
- Academic and policy research institutions

How To Reach Us?



+91 7338613693



jssmph@jssuni.edu.in



www.jssuni.edu.in

A++	21 st University Category	SDG-7 2 in WORLD	Overall 56 in WORLD	Pharmacy & Pharmacology 101-150 Medicine 651-700	EXCELLENT	RANKED	801-1000 23 in INDIA	Medical & Health 601-800 Life Science 801-1000	401-500 57 in INDIA

Faculty directory

Dr. ANIL S BILIMALE

Dr. Anil S Bilimale is currently the Chief Program Coordinator for the School of Public Health at JSS Medical College, JSS AHER. He is working on establishing longevity cohort (Creating Blue Zone) in Mysuru. He is conducting research and projects funded by ICMR, WHO, UNICEF, Novartis, etc. He has established School of Public Health at JSS AHER starting from one PG student and one faculty to 80 PG students, 7 PhD students, 7 faculties, 4 support staff, 23 Project staff, State of the art Infrastructure. He is nurturing Social Entrepreneurs, Policy developers, Researchers and Longevity Experts in Public Health. He had led a team of doctors and Public Health experts during both waves of COVID and supported in Health System Strengthening of District Hospital and PKTCC Emergency Hospital in Mysuru. He has earned his MBBS and MD in Community Medicine. He has a varied stream of experience in public health, nationally and internationally. He has worked in the domain of public health field-based jobs, academics, and emergency medicine. He has more than 14 years of versatile field and research experience in health systems, health policy, epidemiology, infectious diseases, RMNCH+A (Reproductive, Maternal, New-born, Child, and Adolescent Health), immunization, quality assurance, disease surveillance, program management, project implementation, operations, capacity building, monitoring and evaluation, administration, and financial management in public health programs. He worked as a State-level RMNCH+A Consultant (Unicef), he was the Surveillance Medical Officer with the WHO (India and Nigeria), and he gained his international experience through WHO Nigeria Polio Eradication Mission. He worked as a Tutor in the Department of Community Medicine JNMC Belgaum. He served as a Medical Officer of PHC Handignur and worked as the Junior Resident Doctor with Vikram Hospitals, Mysore. Dr. Anil S Bilimale has published around 32 research papers and contributed to writing books. He has been awarded a Certificate of appreciation from WHO and the Ministry of Health and Family Welfare for contributions to Polio Eradication in India and a Certificate of appreciation from Health and Family Welfare Karnataka for contributions to the Measles-Rubella Campaign.



DR. SHILPA DM

Dr. Shilpa is an Assistant Professor at the School of Public Health, JSS Medical College, JSS HER. She earned her Bachelor of Ayurveda Medicine and Surgery (B.A.M.S) degree and a Master of Public Health (Maternal and Child Health) from Manipal University, Karnataka. Additionally, she has completed courses such as the SORT IT Operational Research Course (THE UNION) for South East Asia, Global Public Health by the SDG Academy, holds an international certification in Yoga Teacher Training (Hatha Yoga) from the Bodhi School of Yoga, India. Dr. Shilpa previously worked as the State Rashtriya Bal Swasthya Karyakram (RBSK) Consultant for the National Health Mission, Government of Karnataka, and as a Program Manager at Karuna Trust, where she handled 21 healthcare technology projects. She also served as a Research Assistant at Prasanna School of Public Health, Manipal University, Karnataka. She has been a stakeholder in the online Global Health Symposium for Manipal University in 2021 and 2022, participated as an External Monitor in the MR vaccination campaign for the Koppal district organized by UNICEF, and in Polio supplementary immunization activities for the Udupi district. Dr. Shilpa also participated as an investigator in the Mission Indradhanush immunization program by the Government of Karnataka and has been featured in live interviews on leading Kannada news channels. Additionally, she has co-investigated two projects funded by Novartis Healthcare Private Limited and ICMR, with grants worth 33 lakhs and 97 lakhs, respectively.

Dr. Shilpa completed the Global Health Leadership Initiative program, The Yale School of Public Health organized in collaboration with the University of Arizona, the Public Health Research Institute of India, and the School of Public Health from JSS Academy of Higher Education and Research, Mysuru. Her areas of expertise are Public Health Nutrition, Mental Health, and Environmental Health.



DR. SULOCHANADEVI B C

Dr. Sulochanadevi B C is a Public Health Specialist who is currently working as an Assistant Professor in the School of Public Health and is also pursuing her Ph.D. at JSS Medical College, JSS AHER. She has been awarded the degree of Bachelor of Ayurveda Medicine and Surgery (B.A.M.S.) and other courses like the International Diploma in Reproductive Health Management, Training Course in Sexual & Reproductive Health Research from the Geneva Foundation for Medical Education and Research, and Masters in Public Health from JSS Academy of Higher Education and Research. She is a passionate public health officer with 10+ years of experience. She has worked as District Program Coordinator for the National Health Mission, worked with the Karnataka Health Promotion Trust as a Consultant for the NCD Project, and Program Specialist for KMC Project and MNCH Project. She served as the State Health Coordinator for Population Research Centre (PRC) on the LASI Project and DLHS 4 Project. She also contributed as an Interviewer, transcriber, and translator on the Ageing Project for PRC. She has been part of additional projects like the Gap assessment of HWCs, Yadgir (UNICEF funded), Iodine Deficiency Disorder Survey Karnataka H&FW Dept. Funded, External monitoring in the National Polio surveillance project, Maternal and Neonatal Child Health Project, Kangaroo Mother Care project, Non-communicable disease project, and Health and Wellness Centre project. She has published research papers and has been involved in various surveys.



DR. SREENA T V

Dr. Sreena T V, currently serving as an Assistant Professor at the School of Public Health, JSS AHER. She holds a Bachelor of Ayurvedic Medicine and Surgery (BAMS) degree from RGUHS and a Master of Public Health (MPH) degree from the Central University of Kerala. She is currently pursuing a MSc in Clinical Nutrition and Dietetics. She was awarded the UGC-Junior Research Fellowship (JRF) in Social Medicine and Community Health in June 2022. She has also qualified for the UGC-NET in the same subject and holds a specialization in Project Management Principles and Practices from the University of California, Irvine. Dr. Sreena has over six years of experience in various public health roles, including Project Manager, Project Technical Assistant, District Coordinator, and Vaccination Monitor. She has worked with internationally recognized organizations such as UNICEF, WHO, and Doctors for You. She has been involved in various projects, including the UNICEF Child Survival Intervention Project, Model Anganwadi Project, and COVID-19 vaccination camps. Dr. Sreena has published research papers in her areas of interest, which include Non-Communicable Diseases, Adolescent Health, and Nutrition. She is actively engaged in research and collaborations within the field of public health. Dr. Sreena plays a significant role, serving as the Placement Coordinator for the School of Public Health and a core team member of SIG Liver and Health. She has organized numerous international workshops, such as the Global Health Leadership Initiative and Critical Appraisal of Grant Writing. Additionally, she is an active member of organizing teams for various national and international events conducted by the department.



DR. DIVYA K L

Dr. Divya K L is an Assistant Professor at the School of Public Health at JSS Medical College, with 2 years of teaching and field experience. She holds her Bachelor's degree in Bachelor of Dental Surgery (BDS) from RGUHS, and is also a gold-medallist for her post-graduate degree in Master of Public Health (MPH) from the JSS Academy of Higher Education and Research. Dr. Divya had actively engaged and worked for COVID WAR room and outbreak investigation during COVID pandemic. She was involved in the development and editing of a nutrition guide module for trainees, as well as working with an NGO to build nutrition gardens and enhance tribal communities. Her areas of interest are women's health, health inequalities and environmental health. She has made significant contributions as Coordinator for Infrastructure and development at School of Public Health. She has publications to her academic achievements in the thematic area of women and child health, and nutrition. She has been involved in WHO and ICMR projects and has also worked as a policy fellow at GRAAM, where she was involved in data analysis, documentation, and project management. Currently she is working as a core team member in the project of creating Blue zone Cohort in Mysuru and also has experience in organizing workshops, health day observations and conferences.



MS. SHASHIREKHA B

Mrs. Shashirekha B is a Biostatistician at the School of Public Health, JSS Medical College. She has done her Bachelor in Science (BSc) from the University of Mysore and also done her post-graduate Masters of Science in Statistics (MSc) from Manasa Gangotri University of Mysore. She has a good hold of her field and has work experience as a lecturer in Medical Statistics, in many established institutions like the School of Life Sciences, JSS AHER, Mysore, Maharani's Science College for Women, and also in Hari Vidyalaya PU College, Mysore. She has a couple of publications in her excellence and has presented them in international conferences. Her interest lies in semi-parametric regression and statistical inference



MS. SHEEBA. B

Ms. Sheeba. B, MPH, is an Assistant Professor in the School of Public Health at the JSS Medical College, JSS AHER, Mysuru, and has more than 5 years of hands-on experience in the realm of Public Health and the Healthcare sector. Her research prowess is evident through her authored and co-authored publications and presentations, and her proficiency in areas like epidemiology, mental health, non-communicable disease, maternal and child health, and project management highlights her multifaceted skills. She is an active reviewer in the Frontiers in Public Health and in many internationally recognized organizations like the Indian Council of Medical Research, Public Health Foundation of India, SRM Medical College and Research Institute, and Piramal Swasthya Management and Research Institute. She has vast experience in working on various projects like Strengthening Medical Certification of Cause of Death (MCCD) practices in public and private healthcare facilities in India: Research to Implementation, Effects of Air Pollutants on Respiratory Health of Traffic Police Personnel of major cities of Tamil Nadu – An Observational Study and Effect of prenatal exposure to maternal cortisol and psychological distress on infant development in Bengaluru, southern India: a prospective cohort study. She is also actively involved in research activities, and curriculum revision, and is a core team member in establishing MY-CHAMAN Blue zone cohort – JSS AHER, and organized other public health activities like HPV Vaccination programme, and workshops.



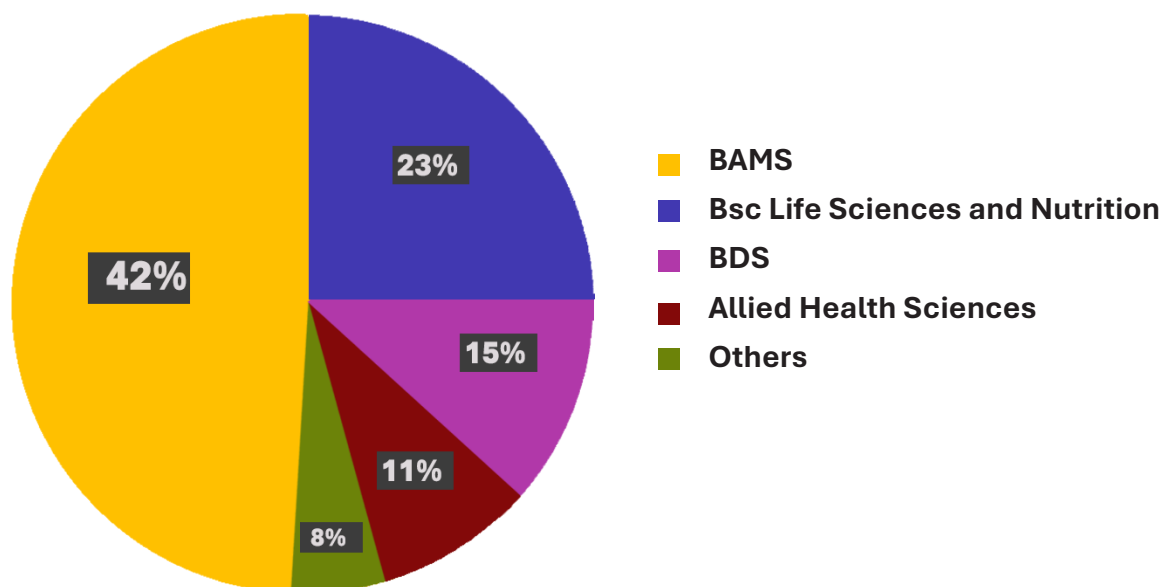
DR. MINU MARIA ROSE

An Assistant Professor in the School of Public Health at the JSS Medical College, JSS AHER, Mysuru. She has her bachelor's in dental surgery from JSS Dental College Mysuru. She additionally holds a Gold medal for proficiency in MPH from the School of Public Health, JSS Academy of Higher Education and Research, and experience with WHO India Hypertension Control Initiative Consultant, Wayanad, Kerala.

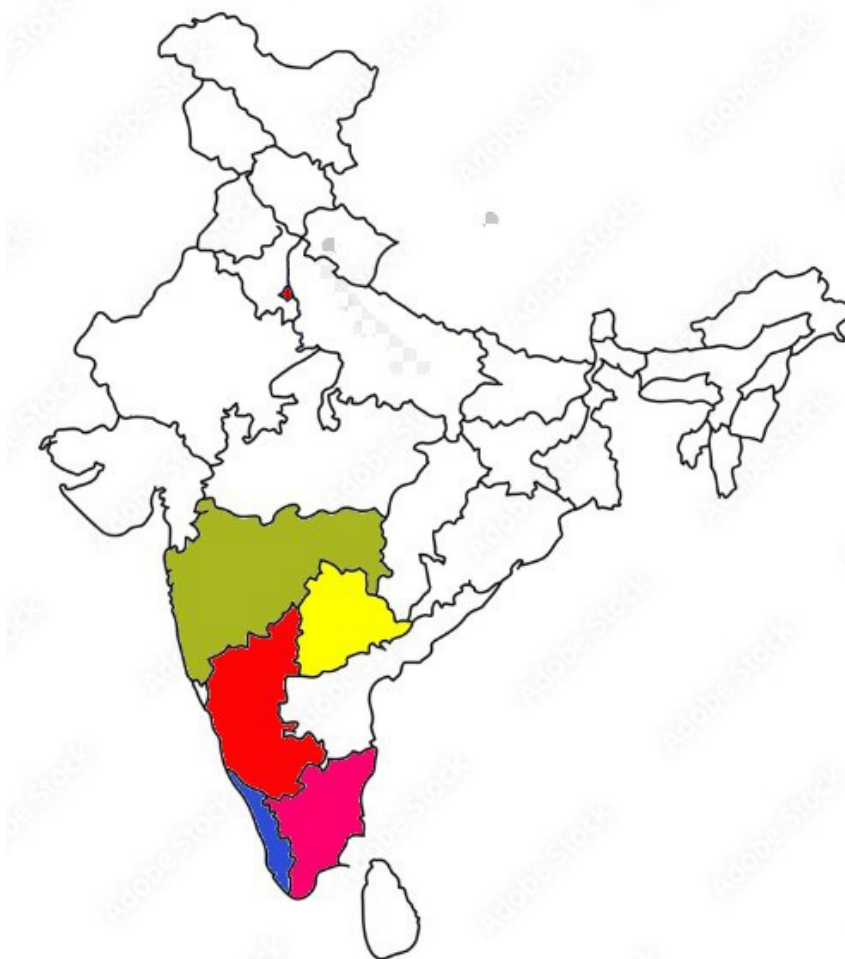


BATCH STATISTICS

UG BACKGROUND OF BATCH 2023 - 24



INTERNSHIP LOCATION



Dr. AISHWARYA N

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Dissertation: Implementation, effectiveness and challenges of Differentiated TB care Model - A mixed method study

Capstone project: Arogya Jyothi

Short Study: Association of DMFT Index on Quality of life among adults in urban and rural areas of Mysuru Taluk - An Analytical Cross-sectional study

Internship: IISc, Bengaluru

Software: Canva, Ms office, SPSS, Google docs

Languages: Kannada, English, Telugu, Hindi



Dr. ANJANA BHADRAN

UG Degree: BYNS

E-Mail: bhadrananjana66@gmail.com

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Dissertation: Knowledge Attitude Practice about Advance Care Planning in Elderly

Individuals: A Community Based Interventional Study in Mysuru

Capstone project: S.H.A.R.E

Internship: Shreyas - Wayanad

Software: Ms office, Zotero, Canva

Languages: Malayalam, English, Tamil, Hindi



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Dissertation: Effect of digital Education intervention on millet consumption among Diabetic patients

Capstone project: Lonjiva

Internship: IIPH Hyderabad, ICMR NIN

Software: MS Office, Canva, SPSS, Zotero

Languages: Telugu, Hindi, English, Kannada



Ms. ARANSHA MICHELLE RODRIGUES

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Dissertation: Selfcare Practices among geriatric population and its association with socio-demographic factors in urban and rural Mysuru

Capstone project: Sharp – Your Skills

Internship: Shreyas - Wayanad, Family Health Centre - Noolpuzha

Software: Ms office, Zotero, Canva, SPSS

Languages: Konkani, English, Hindi



Dr. CHANDRIKA H G

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Dissertation: Comoaritive posture analysis among Gym users and non-users of Urban Mysuru

Capstone project: Lonjiva

Internship: Doctors for Seva, Mysore

Software: Canva, Ms office, SPSS, STAT, Basic Q GIS

Languages: Kannada, English, Telugu, Tamil, Hindi



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Dissertation: Knowledge, Attitude and Practice of Physical Activity and Factors Influencing Physical Activity Participation Across Diverse Age Groups: A Mixed Method Study

Capstone project: LONJIVA

Short Study: Unpacking Well-Being Adoption: A Sequential Exploratory Mixed- Methods Study Integrating HBM and DOI

Internship: NHM Mysuru, ICMR-NIE

Software: MS Office, Canva, SPSS, Zotero

Languages: Kannada, English, Hindi, Telugu



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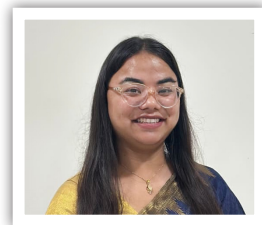
Dissertation: Relationship between dietary pattern, nutritional status and sleep quality among adults above 40 years in urban Mysuru

Capstone project: Manas Svastha

Internship: Shreyas - Wayanad, Family Health Centre - Noolpuzha

Software: Ms office, Zotero, Canva, SPSS

Languages: Pnar, Khasi, English



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Dissertation: Exploring Noise-Induced Hearing Loss Among Factory Workers Using Mobile Application in Mysuru District: An Analytical Cross-Sectional Study

Capstone project: From Garden to Plate

Internship: ICMR NCDIR

Software: MS office, Canva, Zotero, SPSS

Languages: Kannada, English, Hindi, Urdu



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Dissertation: Mobile phone-Based Counselling Intervention for Exclusive Breastfeeding Promotion among Mothers and caregivers in a Tertiary Care Hospital Mysuru: A Quasi Experimental Study

Capstone project: Sharp – Your Skills

Internship: IISc Bangalore

Software: Ms office, Zotero, Canva, SPSS

Languages: Kannada, English



Dr. HEMANGI THAKARE

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Dissertation: Prevalence and risk factors of voice disorder among school teacher: Cross sectional study

Capstone project: From Garden to plate

Internship: SHSRC Maharashtra

Achievements: Best paper presentation in CogniSense+2025

Software: MS office, Canva, SPSS, Zotero

Languages: Hindi, English, Marathi



Mr. HEMANTH R

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Dissertation: Association of Substance and Mortality Risk among Young Adults Diagnosed with Myocardial Infarction

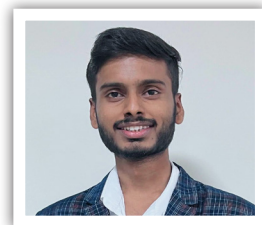
Capstone project: Lonjiva

Short Study: Unpacking Well-Being Adoption: A Sequential Exploratory Mixed-Methods Study Integrating HBM and DOI

Internship: IISC, Bengaluru

Software: Ms office, Zotero, Canva, SPSS

Languages: Kannada, English, Hindi



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Dissertation: Assessment of Knowledge, Attitude and Practices on Metabolic Dysfunction Associated Fatty liver Disease (MAFLD) Among Doctors, Students and Individuals: An Analytical Cross-Sectional Study

Capstone project: S.H.A.R.E

Short Study: Maternal Nutritional Literacy as a Determinant of Adolescent Nutritional Status: An Analytical Cross-Sectional Study in Mysuru

Outreach activity participated: Biomedical Innovations for Global Impact

Internship: Institute of Public Health, Bengaluru

Software: MS office, Canva, SPSS, WPS, Zotero

Languages: Telugu, English, Hindi, Kannada



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Dissertation: Factors influencing malnutrition in children's aged 6 to 59 months and the awareness among primary caregivers in rural Mysuru

Capstone project: Manas Svastha

Internship: ICMR NITM

Software: Ms Office, Canva, WPS, SPSS

Languages: English, Kannada, Hindi



Ms. MANSI BISHT

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Dissertation: Effect of Millet-Based DASH Diet Awareness Intervention Among Hypertensive Adults in Urban Mysuru: A Quasi-Experimental Study

Capstone project: Arogya Jyothi

Internship: NHSRC Delhi

Software: SPSS, Canva, MS Office, Zotero, Google docs

Languages: Hindi, English



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Dissertation: Assessment of Nutritional Status and Functional Abilities of Elderly Individuals in Rural and Urban Communities of Mysuru District - A Comparative Cross-Sectional Study

Capstone project: Manas Svastha

Internship: DHO Davanagere

Software: SPSS, Canva, MS office,

Languages: Kannada, English, Hindi



Dr. NIKITHA C

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Dissertation: Catastrophic health expenditure of families Dependent on agriculture Incomes Mixed method study

Capstone project: Manas Svastha

Internship: Doctors for You, Bengaluru

Software: SPSS, Canva, MS Office, Zotero, Google docs

Languages: Kannada, English, Telugu, Hindi, Tamil



Dr. NIVEDITHA M

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Dissertation: Exploring lifestyle practices and perceived barriers and facilitators for lifestyle modification in MAFLD patients at a tertiary care hospital in Mysuru – A Mixed Method Study

Capstone project: Manas Svastha

Internship: SVYM, NIMHANS

Software: SPSS, Canva, MS Office, Zotero, Google docs

Languages: Kannada, English, Telugu, Hindi



Dr. PARINEETHARAJ

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Dissertation: Knowledge, Perception, Socio-cultural Practice and Role of Men in Menstrual Hygiene Management among Adolescents girls in Mysuru District

Capstone project: S.H.A.R.E

Internship: ICMR -NITM Belagavi

Software: Ms office, Zotero, SPSS

Languages: Kannada, English



Dr. PAVAN B L

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Dissertation: Risk Assessment And Screening For Oral Precancerous Lesions among Adults Of Mysuru:Community Based Exploratory Study

Capstone project: Arogya Jyothi

Internship: ICMR-NIMR

Software: Canva, Ms office, SPSS, Google docs

Languages: Kannada, English, Hindi



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Dissertation: Bullying, Victimization and Resilience among Adolescents in Rural and Urban High School Students

Capstone project: Sharp - Your Skills

Outreach activity participated: Biomedical Innovations for Global Impact

Internship: ICMR NCDIR

Software: MS office, Canva, SPSS

Languages: Kannada, English, Hindi



Dr. POOJA S L

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Dissertation: Assessment of physical fitness and its facilitators and barriers among Prehypertensive and Prediabetic patients: A mixed method study

Capstone project: Lonjiva

Internship: PHRII Mysuru

Software: MS office, Canva, SPSS, Zotero

Languages: Kannada, English, Hindi



Ms. PREETHI R R

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Dissertation: Assessment of Quality Of Life among Patients With Type 2 Diabetes Mellitus Visiting Tertiary Care Hospital, Mysuru District- A Cross-Sectional Study

Capstone project: Lonjiva

Internship: ICMR-NIMR Bengaluru

Software: MS Office, Canva, SPSS, Zotero, R Studio, Mendeley, Excel Dashboard

Languages: Kannada, English



Dr. RACHANA B N

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Dissertation: Attitude, perception and utilization of Janani Shishu Suraksha Kaaryakram - A mixed method study

Capstone project: S.H.A.R.E

Internship: ICMR NCDIR

Software: Ms office, Canva, SPSS

Languages: Kannada, English, Hindi, Telugu



Mr. RAHUL P

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Dissertation: Awareness on Rabies vaccination (knowledge, attitude and practice) among Pet Owners in Mysuru City: A Cross-sectional

Capstone project: Arogya Jyothi

Internship: IPH Mysuru

Software: Canva, Ms office, Zotero, SPSS

Languages: Kannada, English, Hindi, Tamil, Telugu.



Dr. RANJAN P K

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Dissertation: Financial Dependency among the Elderly in Rural and Urban Areas of Mysuru

Capstone project: Sharp - Your Skills

Internship: Sneha Bindu Charitable Trust

Software: Ms office, Zotero, Canva, SPSS

Languages: Kannada, English



Ms. RAKIYA ERUM

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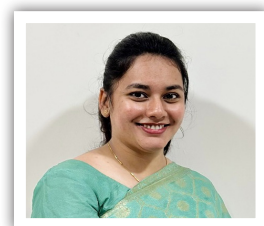
Dissertation: Association of feeding practices and patterns on nutritional status of Children aged 0-24 months Mysuru taluk- an analytical cross sectional study

Capstone project: Arogya Jyothi

Internship: Shreyas - Waynad, Family Health Centre - Noolpuzha

Software: MS office, Canva, SPSS, Zotero

Languages: Kannada, English, Hindi, Urdu



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Dissertation: Effectiveness of App based Training on Suicide Risk assessment Among Healthcare Professionals in the Emergency Department of a Tertiary care Hospital -A Quasi-Experimental Study

Capstone project: S.H.A.R.E

Internship: CCDC Mysuru

Software: SPSS, MS Office, Canva

Languages: Kannada, English, Hindi, Urdu



Ms. SANJANA M

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Dissertation: Assessing the Impact of Indoor Air Quality on Respiratory Health of Children: An Analytical Cross-Sectional study

Capstone project: Manas Svastha

Internship: ICMR-NIMR

Software: SPSS, Canva, MS office

Languages: Kannada, English, Hindi



Dr. SANJU N RAJU

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Dissertation: A Comparative Study to Assess the Treatment Effectiveness, Quality of Life and Cost of Care in Management of Osteoarthritis among Patients Receiving Conventional Standard Care and Ayurveda Treatment in Mysuru

Capstone project: Sharp - Your Skills

Internship: SVYM & NIMHANS

Software: SPSS, MS Office, Canva, Zotero

Languages: Kannada, English, Hindi



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Dissertation: The Magnitude of Term Low Birth Weight (LBW) and Its Associated Maternal Factors: A Hospital-Based Cross-Sectional Study

Capstone project: Manas Svastha

Internship: IPH Mysuru, NIMHANS

Software: SPSS, MS Office, Canva, Zotero, Epi Info

Languages: English, Kannada, Hindi



Dr. SHIVANI A

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Dissertation: Study on knowledge, attitude and practice of well-being dimensions among people with risk of diabetes: A sequential explanatory mixed method study

Capstone project: Lonjiva

Outreach activity participated: Biomedical Innovations for Global Impact

Internship: IPH, Bengaluru

Software: SPSS, MS Office, Canva, Zotero, NVivo

Languages: Kannada, English, Hindi



Dr. SHUBHA SHREE A N

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Dissertation: Effect of Pranayama and yogic relaxation techniques on blood pressure among hypertensives - A Randomized Controlled trial

Capstone project: From Graden to Plate

Internship: NHM Mysore

Software: MS Office, Canva, Zotero, SPSS

Languages: Hindi, Telugu, Kannada, English



Dr. SINDHU G

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Dissertation: Prevalence and determinants of Refractive Errors among Urban and Rural Primary School children in Mysuru district: An Analytical Cross-sectional Study

Capstone project: Arogya Jyothi

Outreach activity participated: Biomedical Innovations for Global Impact

Internship: SVYM, NIMHANS

Software: SPSS, Zotero, Canva

Languages: Kannada, English, Tamil



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Dissertation: Role of Screen Time on Quality and Duration of Sleep Among Secondary School Children in Mysuru -An Analytical Cross-Sectional Study

Capstone project: Sharp - Your Skills

Short Study: Maternal Nutritional Literacy as a Determinant of Adolescent Nutritional Status: An Analytical Cross-Sectional Study in Mysuru

Internship: NIMHANS, Bangalore

Software: MS office, Canva, Zotero, SPSS, Epi Info

Languages: Telugu, English, Kannada, Hindi, Tamil



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Dissertation: Exploring the variances in sleeping patterns and their correlation with type 2 Diabetes Mellitus among urban and rural communities of Mysuru District: An Analytical Cross- Sectional Study

Capstone project: From Garden to Plate

Internship: ICMR-NITM Belagavi

Software: MS Office, Canva, Zotero, SPSS

Languages: Kannada, English, Hindi, Marathi



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Dissertation: Assessing the Mental Health of Pregnant women using Mobile health application in a Tertiary-care Hospital in Mysuru: A Cross-sectional study

Capstone project: Arogya Jyothi

Internship: ICMR NIMR

Software: MS Office, Canva, SPSS, Zotero, R studio

Languages: Kannada, English, Telugu



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Dissertation: Impact of Menopausal Symptom on Work Life and Quality of Life among Employed Women across Occupation: An analytical Cross-sectional Study

Capstone project: From Garden to Plate

Internship: ICMR NITM

Software: SPSS, MS Office, Canva, Zotero

Languages: Kannada, English

**Dr. YASHWANTH M C**

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Dissertation: Association Between Duration of Artificial Light Exposure Before Bedtime and Gestational Diabetes Mellitus: A Case Control study

Capstone project: From Garden to Plate

Internship: IPH Chamarajanagar

Software: SPSS, MS Office, Canva, Zotero

Languages: Kannada, English, Telugu



https://bit.ly/Resume_2023-25Batch



Batch 2023-25



**Staff and faculty at
School of Public health**

PHOTO GALLERY 2018 - 2023



Batch 2018-2020



Batch 2019-2021



Batch 2020-2022



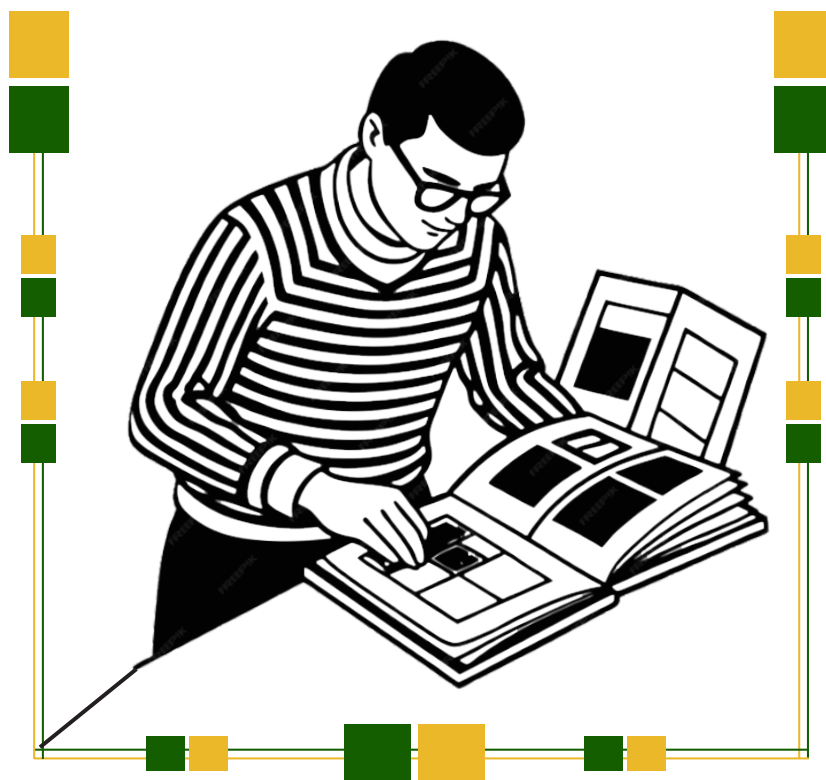
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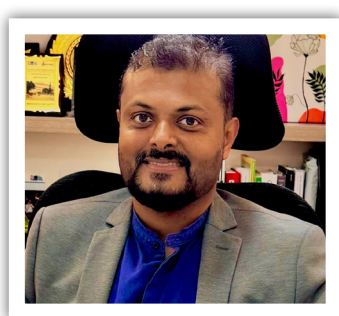
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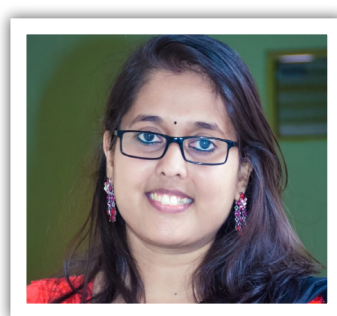
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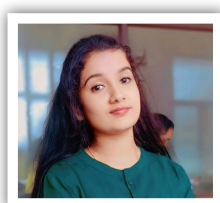


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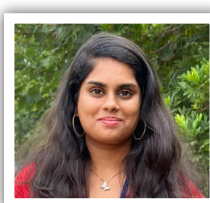


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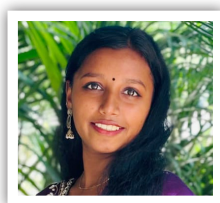
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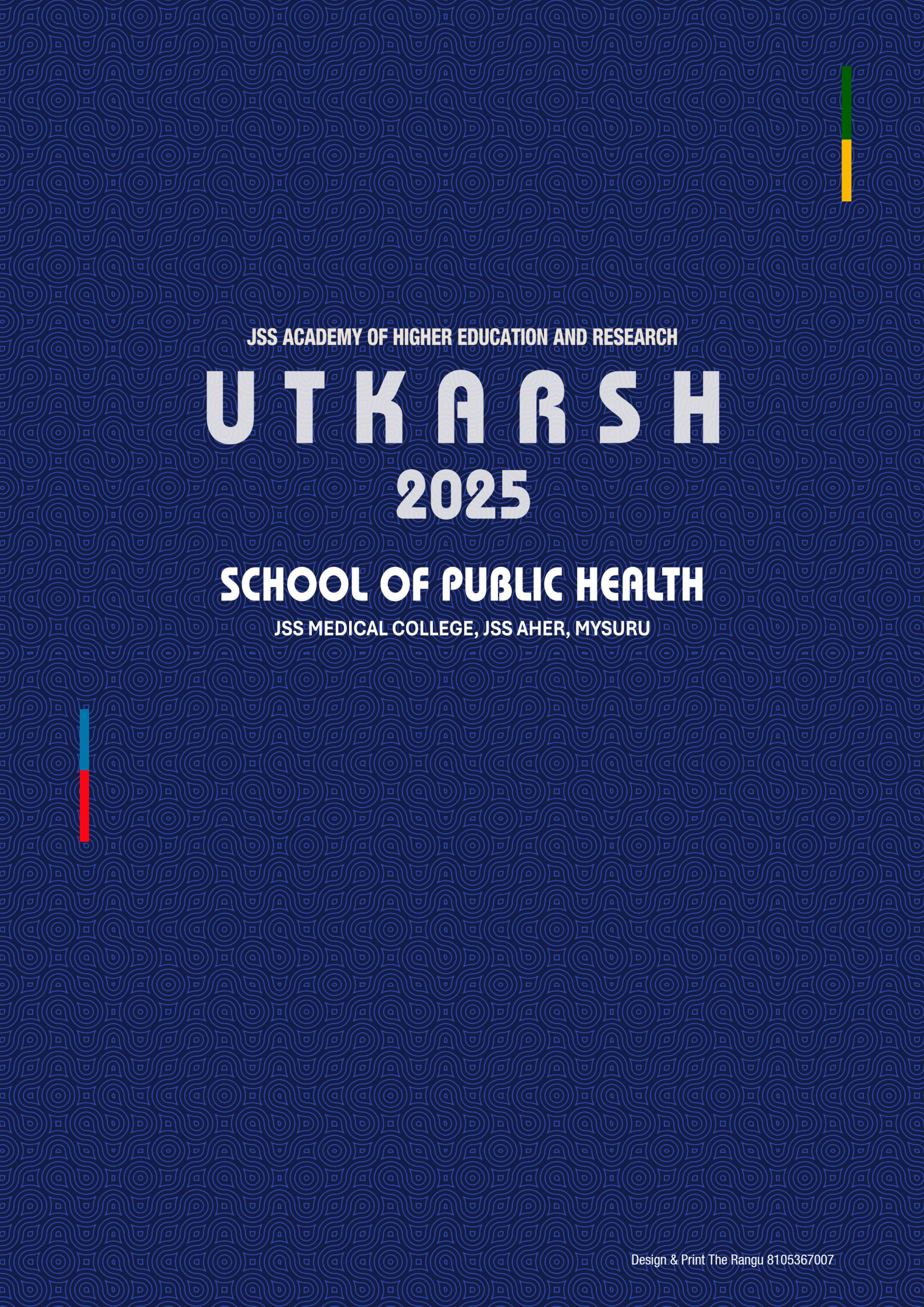
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