



National Service Scheme



ANNUAL REPORT

Submitted to

**State Liaison officer
NSS Cell, M.S. Building
Ambedkar Veedhi
Bangalore-01**

Submitted by

JSS University, Mysore

2015-16



JSS UNIVERSITY
(Established under section 3 of the UGC Act 1956)
JSS Medical Institutions Campus
Sri Shivarathreeshwara Nagar, Mysore-570015, Karnataka, India



Accredited Grade
'A' by NAAC

National service scheme

REPORT FOR THE PERIOD ENDING : April 2015 to March 2016

BASIC INFORMATION ABOUT UNIVERSITY:

STATE	: Karnataka
UNIVERSITY	: JSS University
NAME OF THE PROGRAMME COORDINATOR	: Dr. K.L.Krishna
WHETHER PART TIME/FULL TIME	: Part Time
DATE OF APPOINTMENT	: 21/07/2016
NO. OF SUPPORTING STAFF FOR NSS AT UNIVERSITY	: 02
DATE OF LAST MEETING OF UNIVERSITY LEVEL	
ADVISORY COMMITTEE	: 27/04/2015
NSS VOLUNTEERS STRENGTH	: 400
TOTAL NO. OF STUDENT POPULATION OF THE	
UNIVERSITY	: 4534
NSS STRENGTH ALLOCATED BY THE STATE GOVT.	: 400
ACTUAL NO. OF NSS VOLUNTEERS	: 400
ACTUAL NO. OF NSS VOLUNTEERS	:M-214, F-186,TOTAL=400
NO. OF COLLEGES	: 04 Colleges
TOTAL NO. OF NSS UNITS	: 04 Units
NO. OF PROGRAMME OFFICERS IN POSITION	: 04 Officers

NO. OF PROGRAMME OFFICERS TRAINED : 04 Officers

NO. OF PROGRAMME OFFICERS TO BE TRAINED : Nil

NO. OF VILLAGES ADOPTED : 04 Villages

FUNDS FOR NSS REGULAR/SPECIAL PROGRAMMES

Funds received by the University: Rs. 3, 51, 000.00

FOR REGULAR ACTIVITIES

FOR SPECIAL CAMPS

DAY OF RECEIPT: 03/11/15

DAY OF RECEIPT: 03/11/15

AMOUNT RECEIVED: Rs. 100,000.00

AMOUNT RECEIVED: Rs. 90,000.00

PER CAPITA EXPENDITURE FOR ESTABLISHMENT AT

UNIVERSITY LEVEL : Rs.300/volunteers

SPECIAL CAMPING PROGRAMME:

I. TOTAL NO. OF VOLUNTEERS PARTICIPATED : 200

II. NO. OF CAMPS ORGANIZED : 04

Activity description: (column under which no activity has been conducted may be left blank)

ACTIVITY DESCRIPTION:

(1) LITERACY

1.1 NO. STUDENTS VOLUNTEERS PARTICIPATED : 200

1.2 NO. OF VILLAGE ADOPTED FOR TOTAL LITERACY : 03

1.3 TOTAL NO. OF ILLITERATES : 720

1.4 NO. OF PERSONS MADE LITERATE : 720

1.5 NO. VILLAGES MADE FULLY LITERATE : 02

(2) ENVIRONMENT/ WASTE LAND DEVELOPMENT AND CONSERVATION: 01

(3) HEALTH AND FAMILY WELFARE

3.1 HEALTH CAMPS

3.1.1 CAMPS CONDUCTED : 13

3.1.2 DETAILS OF HEALTH PROGRAMMES

ORGANISED AND BENEFICIARIES : Given under

Individual unit report

- 3.2. BLOOD DONATION CAMPS:**
- 3.2.1 NO. OF BLOOD DONATION CAMPS CONDUCTED : 05**
- 3.2.2 NO. OF UNITS OF BLOOD COLLECTED : 161 Units**
- 3.3. POPULATION EDUCATION : 07**
- 3.4. ERADICATION OF DRUG ABUSE**
- 3.4.1 NO. OF AWARENESS CAMPINGS HELD : 15**
- 3.4.2 NO. OF BEBECIARIRES : 6500**
- (4) PROGRAMME FOR WOMEN : 02**
- (5) WORK IN HOSPITALS**
- 5.1 NO. PERSONS BENEFITED : > 1000 PERSONS**
- (6) WORK DURING EMERGENCIES : 03**
- (7) AIDS AWARENESS**
- 7.1. NO. OF SCHOOLS IDENTIFIED : 02**
- 7.2. NO. OF PROGRAMME OFFICERS TRAINED : 04**
- 7.3 NO. PEER EDUCATORS TRAINED : 25**
- 7.4 NO. OF BENEFICIARIS : >600**
- (8) Any other programme not covered above, please give statistical data in 50 words:**
 Narrated under regular/special camping activity of each unit.

PLACE: Mysuru
DATE : 31/03/2016

SIGNATURE OF THE
NSS PROGRAMME COORDINATOR

Minutes of the 7th NSS Advisory Committee meeting-22-09-2015

Members Present:

- | | |
|---------------------------------------------------------------------|------------------|
| 1. Dr. B. Suresh, Vice-Chancellor, JSS University, Mysore. | Chairman |
| 2. Dr. B. Manjunatha , Registrar, JSS University, Mysore | Member |
| 3. Sri. C.C.Hiremath, Finance Officer, JSS University, Mysore. | Member |
| 4. Ms. Kokila, Deputy Registrar, JSS University, Mysore. | Member |
| 5. Regional Director, NSS Regional Centre, | Member |
| 6. State NSS Officer & Ex-Officio Joint Secretary , | Member |
| 7. Prof. Gurupadaswamy, Professor of Economics, Mysore. | Member |
| 8. Dr. R. Suresh Kumar, NSS PO, JSS College of Pharmacy, Ooty. | Member |
| 9. Dr. Umesh. M NSS PO, JSS College of Pharmacy, Mysore. | Member |
| 10. Dr. Ravi, NSS PO, JSS Dental College and Hospital, Mysore. | Member |
| 11. Dr. Gangadharappa H.V, JSS College of Pharmacy, Mysore. | Member |
| 12. The Volunteer, NSS Unit, JSS Dental College & Hospital, Mysore. | Member |
| 13. The Volunteer, NSS Unit, JSS College of Pharmacy, Mysore. | Member |
| 14. The Volunteer, NSS Unit, JSS College of Pharmacy, Ooty | Member |
| 15. Dr. K.L. Krishna, NSS PC, JSS University, Mysore. | Member Secretary |

Leave of Absence

- | | |
|------------------------------------------------------------------------------|--------|
| 1. The Principal, JSS Medical College, Mysore. | Member |
| 2. The Principal, JSS Dental College & Hospital, Mysore | Member |
| 3. The Principal, JSS Pharmacy College, Mysore. | Member |
| 4. The Principal, JSS Pharmacy College, Ooty. | Member |
| 5. Dr. Sunil Kumar, NSS Programme Officer, JSS Medical College, Mysore. | Member |
| 6. Sri. R. Vasudeva Bhat, Social Worker, Mysore-570 010 | Member |
| 7. Dr. V. Balamuralidhara, Asst. Professor, JSS College of Pharmacy, Mysore. | Member |
| 8. The Volunteer, NSS Unit, JSS Medical College, Mysore | Member |

- 7.1 Dr. K.L. Krishna NSS Programme Coordinator welcomed and introduced the members of the NSS advisory committee. He requested Dr. B. Suresh, Hon'ble Vice chancellor, JSS University to chair the session.

Seeking the permission from the chair the meeting was began.

- 7.2 The programme coordinator presented the 6th NSS Advisory committee meeting minutes and action taken report on 6th Advisory committee meeting minutes. All the members expressed satisfaction and no suggestions were received.

- 7.3 Dr. K.L. Krishna, the programme coordinator presented NSS report 2014-15, explained the activities conducted for the year 2014-15 and highlighted the significant activities being taken up by the constituent NSS units.

All the programme officers explained their NSS activities for the Year 2014-15 and proposed few activities proposed for the year 2015-16. All the members appreciated the activities carried out by the NSS units. Hon'ble Vice Chancellor suggested to conduct one day NSS activities in the Suttur free school on the eve of centenary celebration of His Holiness Sri Rajendra Swamiji.

Hon'ble Vice Chancellor, suggested to include the annual budget in the advisory committee meeting presentation.

It was discussed and suggested that, the activities of NSS should be hosted in the university website regularly. The university website should have link to NSS activities at the institute level.

Hon'ble Vice Chancellor asked NSS programme coordinator to prepare annual report of NSS for the year 2014-15, which will be presented in the BOM.

The members appreciated the NSS activities conducted during year 2014-15, they also suggested to publish the report in the form of news letter.

- 7.4 The re-constitution/modification of NSS advisory committee at University level as well as Institution level was discussed. The members suggested to create one more Unit of NSS i.e. A Unit from JSS University Departments. It was decided to send a requisition to create one more unit to the state NSS office. The NSS state officer, Dr. Gananatha Shetty has agreed to sanction one more unit of NSS to JSS University and asked the coordinator to send the letter at the earliest. It was decided that, NSS Advisory committee should be reconstituted with inclusion of HOD of life sciences dept.

- 7.5 It was discussed to organize NSS day celebration at constituent colleges. All the programme officers have agreed to celebrate the NSS day.

- 7.6 The Programme Co-ordinator asked all Programme officers to enroll the NSS volunteers for the year 2015-16 as per the sanctioned number. The programme officers were advised to conduct the regular and special camping activities. The special camp activities should be conducted as per the theme already being communicated to them. Mrs. Kokila, Deputy Registrar, JSS University asked the co-ordinator about the calendar of event for NSS activities. It was discussed that, the calendar of event for NSS activities should be made in the beginning of the year from the academic year 2016-17.
- 7.7 All the members suggested to organize the special camping activities in the adopted villages. It was brought to the notice of all the members that, already university adopted few villages and the camps are being conducted only in the adopted villages.
- 7.8 The programme coordinator informed that, all the programme officer are trained and as and when required the additional members will be sent for the training.
- 7.9 The coordinator asked all the programme officers to submit the NSS quarterly/half yearly/yearly reports in time, so that, the report will be sent to the Govt. NSS Cell in time. The coordinator expressed that; the NSS units should utilize the funds properly for which it has been sanctioned. The utilization of funds should be supported with valid bills and vouchers. When submitting the annual report, the utilization certificate should be enclosed with proper bills and vouchers.
- 7.10 The programme co-ordinator requested the Hon'ble Vice chancellor to constitute NSS awards. It was discussed and approved to constitute NSS awards for one best male and female volunteer in the name of Sri Rajendra Centenary Award for best Male/Female NSS Volunteer at the university level. The Hon'ble Vice Chancellor informed Registrar to generate Rs.100000/- (Rs. One lakh only) each for one best male and female volunteer (Totally Rs. 200000/-) from alumni and donors towards NSS awards. It was also suggested to give the award on NSS day celebration function. The programme co-ordinator was directed to give the requisition and initiate the work of constitution of NSS awards.
- 7.11 The state NSS officer said that, JSS University can submit a proposal to organize 'National Integration Camp', If sanctioned, it can be celebrated by next July/August 2016 and it can be part of Sri. Rajendra Swamiji's centenary celebration.
- 7.12 The meeting was concluded with vote of thanks from Dr. Sureshkumar, NSS Programme Officer, JSS College of Pharmacy, Ooty.

REGISTRAR

Dates of conduct of NSS Advisory committee meeting-2015-16

College	Dates
JSS Medical College	26/08/2015
JSS Dental College & Hospital	21 st March 2016
JSS College of Pharmacy, Mysuru	22 nd September 2015
JSS College of Pharmacy, Ooty	02-07-2015 and 05-02-2016

NSS Regular activities 2015-16

NSS Regular Activities 2015-16

Approximate Outcome of the programme

JSS Medical College, Mysuru				
Day & Date	Name of the programme	Place/Venue	Remarks/ Number of beneficiaries	Approximate Outcome in Rs.
15-08-2015	Blood donation camp	JSS Hospital	30 units of blood was collected	20,000.00
19-09-2015	Free health checkup camp (BP, Blood sugar, body weight etc.)	Mysore Tribal Areas	250 peoples were benefitted	30,000.00
Total			280	50,000.00

JSS Dental College and Hospital, Mysuru				
Day & Date	Name of the programme	Place/Venue	Remarks/ Number of beneficiaries	Approximate Outcome in Rs.
14-06-2015	Blood donation camp	College Auditorium	25 units of blood was collected	10,000.00
15-10-2015	Programme on general hygienic	Mysore	200	10,000.00
18-01-2016	Denture camp	Mysore	50	5000.00
18-01-2016	Denture camp	Mandya	50	5000.00
09-01-2016	Denture camp	Chamrajnagar	50	5000.00
Total			350	35,000.00

JSS College of Pharmacy, Mysuru				
Day & Date	Name of the programme	Place/Venue	Remarks/ Number of beneficiaries	Approximate Outcome in Rs.
15-06-2015	Blood donation camp	JSS Hospital Auditorium	82 units of blood was collected	55,000.00
24-11-2015	Blood donation camp	JSS College of Pharmacy, Mysore Library.	76 units of blood was collected	46,000.00
25-11-2015	Free health checkup camp (BP, Blood sugar, body weight etc.)	Balabhavan and Chamundi Vihar Stadium, Mysore.	260 peoples were diagnosed.	38,000.00
Total			418	1,39,000.00

JSS College of Pharmacy, Ooty

Day & Date	Name of the programme	Place/Venue	Remarks/ Number of beneficiaries	Approximate Outcome in Rs.
15-07-2015	Volunteers registration	College seminar hall	NSS volunteers	-
19-08-2015	Orientation programme for the new NSS volunteers	College seminar hall	NSS volunteers	5,000.00
29-06-2015	Participated in the World Yoga Day programme. Rally was conducted jointly with JSS INYS Coimbatore. Slogans and placards were displayed to create awareness among the public	Ooty bus stand to Charring cross	Public	20,000.00
15-08-2015	69 th Independence day was celebrated in the college campus. Flag hoisting, speech and patriotic songs by NSS volunteers and sweet distribution were the events of the day	College campus	In an objective to remember the freedom fighters and to bring about National Integration	-
24-09-2016	NSS day was celebrated. Personality development program was conducted for the NSS volunteers.	College campus	NSS Volunteers	-
25-09-2015	Observed World Pharmacist day in association with IPA Nilgiris branch. Participated in the Human chain from commercial road to ATC bus stand. Rx symbol was displayed/demonstrated by the NSS volunteers.	Commercial road Ooty and ATC-ground	Public	15,000.00
27-09-2015	Liver disease day rally. Participated in	From main bus	Public	6,000.00

	the rally in association with Government headquarters hospitals Ooty ,	stand to ATC		
10-10-2015	Participated in MOB(Make Ooty Beautiful) programme in association with MOB project run by private organization , Ootacamund	Charring cross and Doddabetta	Public and tourists	20,000.00
01-12-2015	Conducted world aids day awareness program by distributing the pamphlets to the public in and around Ootacamund.	Main Bus stand, ATC bus stand and Charring cross	Public	10,000.00
12-12-2015	Conducted blood donation camp at the college premises in association with IPA Nilgiris branch and Government headquarters hospital Ootacamund.	College campus	GHQH, Ootacamund 48 units of blood was donated by the volunteers	30,000.00
01-01-2016	Celebrated 67 th Republic day. Dr. MJ. Nanjan was the chief guest of the day. Flag hoisting, speech and patriotic song by volunteers and sweet distribution were the events of the day	College campus	NSS Volunteers	-
06 th to 12 th -03-2016	Conducted special camp at Anaikatty village. 50 NSS volunteers and two staffs accompanied the group. Foot path laying, water tank cleaning , removal parthenium plants and awareness program on healthy foods were the events of the camp.	Anaikatty village	Village peoples and school children	
Total			5,000	1,00,600.00

Total Approximate outcome of the NSS Regular activities-2015-16

College/unit	Number of beneficiaries	Approximate Outcome in Rs.
JSS Medical College	280	50,000.00
JSS Dental College & Hospital	350	35,000.00
JSS College of Pharmacy, Mysuru	418	1,39,000.00
JSS College of Pharmacy, Ooty	5,000	1,00,600.00
Total	6,048	3,24,600.00

NSS Regular Activities

Detailed Narrative report

JSS University

One-day orientation programme for Suttur free School children

JSS University, NSS cell organized one-day orientation programme for School children's of Suttur high School, Suttur on Friday 13th Nov 2015. The programme was organized on the eve of centenary birth celebration of his holiness Swamiji, Sri Shivarathree Rajendra Mahaswamiji, on the occasion of children's day. The activity was co-ordinated by Dr. K.L. Krishna, JSS University, NSS Programme Coordinator with NSS programme officers, Dr. Sunil Kumar, Dr. Ravi and Dr. Umesh.

The programme was inaugurated by Prof. Gurupadaswamy, Professor of Economics, Maharaja College, Mysore and ex NSS Programme coordinator, Mysore University. In his inaugural address, Pro. Gurupadaswamy, Expressed, the need of NSS for the society and highlighted NSS activities. Dr. K.L.Krishna, welcomed the guest and highlighted the importance and content of the programme.

Several lecturers were organized, Dr. Lancy D Souza, Associate Professor and HOD of Dept. of Psychology, Maharaja College, Mysore was given talk on personality development and asked the students to be a moral citizen of the country. Dr. Saraswathi, Ex Professor, Department of Nutrition & Food, Mysore University, highlighted the need for the nutritious food. Dr. Praveen Kulkarni of JSS Medical college, highlighted the five rules of cleanliness and Dr. Umesh of JSS Pharmacy College, talked about the poison information services rendered by clinical pharmacy department of JSS Pharmacy College at JSS Hospital, Mysore.

Several cultural competitions were organized for the students like, quiz, pick & speech, rangoli, drawing, debate and essay writing. The winners were given the prizes sponsored by NSS Unit of JSS University. NSS Volunteers from JSS Medical College, JSS Dental College and JSS Pharmacy College were actively participated in the programme.

Action Photos



Centenary Lecture Series in Psychology, organised by the Department of Studies in Psychology, University of Mysore (UoM), at the Department's Prof. Krishnan Auditorium, Manasa-gangotri here on Tuesday.

Complimenting the UoM on its centenary celebrations, Dr.

ogy as a subject of study, even giving preference over studying Engineering or Medical courses.

But the interest in Indian Psychology began to decline in the 1950s, he regretted and blamed Psychology teachers for their failure to evince interest among the student community in taking

ogy students passing out of colleges lacked professional skills and innovation. Dr. Mewa Singh, Lifelong Distinguished Professor in Psychology, presided.

Department Head Prof. N.L. Srimathi, faculty Prof. Ramaswamy, Prof. Prakash and others were present.

One-day orientation programme for school children held



Mysuru, Nov. 20 (KS)- A one-day orientation programme for school children of Suttur High School was held recently.

The programme was organised on the eve of the centenary birth celebration of his Sri Shivaratri Rajendra Mahaswamiji, on the occasion of children's day.

The activity was co-ordinated by Dr. K.L. Krishna, NSS Programme Co-ordinator with NSS Programme Officers Dr. Sunil Kumar, Dr. Ravi and Dr. Umesh.

Prof. Gurupadaswamy, Professor of Economics, Maharaja College, Mysore and former

NSS Programme Co-ordinator, Mysore University, in his inaugural address, expressed the need of NSS for the society and highlighted the activities of NSS.

Dr. K.L. Krishna, welcomed the guest and highlighted the importance and content of the programme.

Dr. Lancy D'Souza, Associate Professor and HOD of Dept. of Psychology, Maharaja College, Mysore spoke on personality development and asked the students to be a moral citizen of the country. Dr. Saraswathi, former Professor, Department

of Nutrition & Food, Mysore University, highlighted the need for nutritious food and Dr. Praveen Kulkarani of JSS Medical College, highlighted the five rules of cleanliness.

Several competitions such as quiz, pick & speak, rangoli, drawing, debate and essay writing were held for the students.

The winners were given the prizes sponsored by the NSS Unit of JSS University. NSS Volunteers from JSS Medical College, JSS Dental College and JSS Pharmacy College participated in the programme.

NSS Regular Activities Detailed Narrative report

JSS Medical College

Free Health Check Up Camp at Maddur Tribal Colony of Gundlupet Taluk.

A free general health check up camp for the tribal people was conducted at Maddur Tribal Colony of Gundlupet Taluk of Chamaraajanagar district on Monday, 27-04-2015. This camp was jointly organized by NSS unit of JSS Medical College and Sri Sai Pragathi Foundation of Maddur colony. As a result of wide publicity before the camp, which was held at Girijana Ashrama School premises of Maddur colony, around 180 tribal people from surrounding hamlets participated and were benefited. 18 doctors from Mysore served from 10-30am to 04-00 pm. Vision testing, screening for blood pressure were done and free drugs were distributed to the needy patients. Tribal school children were examined by the Pediatricians and services from specialists in Medicine, Dermatology, ENT, Ophthalmology, Orthopedics and Community Medicine were provided to the tribal people. Cataract cases were referred for free operation at JSS Hospital Mysore. With the full community participation the camp was successfully completed.



“World Blood Donor day 2015” celebrations

“World Blood Donor day 2015” celebrations was organized by JSS University, JSS Medical College & Hospital, Department of Transfusion Medicine, Mysuru in association with JSS College of Nursing, Mysuru and District Family & Welfare Office, Mysuru and NSS Unit on Monday the 15th of June 2015 ,10.15am at Sri Rajendra Centenary Auditorium, JSS Hospital, M G Road, Mysuru. Blood donation awareness rally was organized as part of celebrations at 8:30am from JSS Hospital Premises and was flagged off by Dr. (Col) R K Chaturvedi, Director, JSS Hospital, Mysuru. A voluntary blood donation camp was organized and was inaugurated by Sri R Lingappa, Mayor, Mysuru City Corporation by congratulating the donors. More than 100 voluntary donors participated in the blood donation camp and 71 healthy donors donated blood.

The dignitaries of the function received a delightful welcome as they walked to auditorium after viewing the posters displayed. The World Blood Donor Day 2015 celebrations commenced with an invocation song by Mrs.Chandu Bai with her melodious voice. It was followed by welcome speech by Dr.Vijaya B, Prof. and HOD, Dept. of Transfusion Medicine. She gave warm welcome to all the dignitaries on the dais: Sri R Lingappa, Mayor, Mysuru City Corporation, the Chief Guest Dr. B Pushpa Amarnath, President, Zilla Panchayat, Mysuru , the guests of honor Sri K B Prabhuswamy, Chief Planning Officer, Zilla Panchayat, Mysuru , Dr. T Padmaraj, In charge DHO, Mysuru, JSS University, Dr. (Col) R K Chaturvedi ,Director, JSS Hospital, Mysuru, Dr. H Basavanagowdappa, Dean, Faculty Of Medicine, JSS University, Mysuru, and Dr. Guruswamy M, Medical Superintendent, JSS Hospital, Mysuru. Dr.Manjunatha B, Registrar, JSS University and Dr.Balraj, Principal, JSS Medical College, Dr. Raghu Kumar, Dapcu officer, and Smt.Ashwathi Devi , in charge Principal, JSS College of Nursing. The function was inaugurated by Sri R Lingappa, Mayor, Mysuru City Corporation by lighting the lamp. He said “Awareness on blood donation is very low owing to the fact that only 7 or 8 people out of 1000 donate blood. This isn’t good for country that is high on human resources”. Two recipients’ attenders Mr. Shivakumar A and Mr. Ravikumar expressed their gratitude to blood donors for providing them the needed blood on time. Three regular voluntary blood donors were felicitated by honorable Mayor Sri R Lingappa. Dr. Raghu Kumar, DAPCU Officer, Mysuru announced and introduced the donors. 1. Dr. Shree S Bobati , Lecturer in Department of Transfusion Medicine, donated 19 times 2.Mr Lokesh R, Advocate, donated 23 times 3.Madhu Raj Kumar, a business man, donated 25 times.

The Chief Guest of the function, Dr.B. Pushpa Amarnath, Zilla Panchayat President, Mysuru congratulated the novel young donors Miss. Kusuma M and Mr. Satya. She highlighted the advantages of donating blood to blood donor in her speech. Prize Distribution for Poster Competition was done by the guest of honor Sri.K.B.Prabhuswamy, the chief planning officer, Zilla Panchayat, Mysuru. He informed that there is lack of awareness among the publics about where to go for donating blood and what is the benefits of blood donation. Prize Distribution for essay Competition was done by Dr C Padma raju ,District Health Officer, Mysore. He stressed the importance of celebrating world blood donor day and also shed light on scarcity of rare blood groups. A Talk on Quality donor care was given by Dr.Pallavi. P . The importance of Quality donor care in building the donor willingness and commitment to donate regularly was highlighted. As one of the objectives of the WBDD 2015 campaign, the ministry of health was

persuaded for development of a protocol to access the iron levels at regular intervals and allocate adequate resources in the form of iron supplements to all the regular donors.



Celebration of International day of Yoga

The world day of yoga was celebrated at JSS Medical College organized by NSS Units of JSS University, Mysore. The programme was inaugurated by Mrs. Meera Rama Rao, a renowned yoga guru of Mysore. She delivered a lecture on benefits of yoga. Yoga is useful to overcome the stress in today's busy lifestyle. Yoga is an invaluable gift of Indian tradition. It embodies unity of mind and body, thought and action, harmony between man and nature. She also mentioned that the yoga will bring all the religions together which can bring peace and harmony in the society. Training on yoga was also organized after the lecture. More than 250 members including faculties and NSS Volunteers participated in the programme. Dr Manjunath B. Registrar, Dr P.A. Kushalappa, Director (Academics) JSS university, principals of the constituent colleges of JSS university, NSS programme coordinator and programme officer were present in the function. Dr. Renuka, HoD, dept. of community medicine welcome the dignitaries of the programme and Dr. D. Sunil Kumar, NSS programme officer proposed vote of thanks.



Tribute to Dr A. P. J. Abdul Kalam

Former President Dr APJ Abdul Kalam who was a visionary and true leader of our country, used to preach students an oath to plant at least one tree per year. On the sad day of his demise NSS Unit of JSS Medical college paid a tribute to the great soul by planting saplings in his remembrance in the college campus. On this occasion Dr Manjunatha B, Dr Kushalappa A, Dr Balaraj BM and Mr. Satishchandra SR planted the tree saplings. NSS Volunteers and other staff of JSS Medical College paid their respectful salute to the great man.



NSS DAY CELEBRATIONS

NSS unit of JSS Medical College celebrated the NSS Day at Bandipur National tiger reserve forest of Gundlupete taluk, Chamarajanagar District on 24-09-2015.

On this occasion NSS volunteers were addresses by renown wild life conservation activist Sri D Rajkumar on diversity of flora and fauna in Bandipur forest and shared his experience of wild life interaction. He also gave a talk on birds and snakes and their identification, which was followed by a nature walk for practical demonstration of bird watching. By this NSS volunteers enlightened with the knowledge of wild life conservation and saving the wild life by protecting them. After this students done a role play and skit on social problems like alcoholism and drug abuse. The whole program was coordinated by Dr Sunil Kumar NSS program officer and Dr Siddalingappa Hugar Assistant NSS program officer.



One-day orientation programme for School children

JSS University, NSS cell organized one day orientation programme for School children's of Suttur high School, Suttur on Friday 13th Nov 2015. The programme was organized on the eve of centenary birth celebration of his holiness Swamiji, Sri Shivarathree Rajendra Mahaswamiji, on the occasion of children's day. The activity was co-ordinated by Dr. K.L. Krishna, JSS University, NSS Programme Coordinator with NSS programme officers, Dr. Sunil Kumar, Dr. Ravi and Dr. Umesh.

The programme was inaugurated by Prof. Gurupadaswamy, Professor of Economics, Maharaja College, Mysore and ex NSS Programme coordinator, Mysore University. In his inaugural address, Pro. Gurupadaswamy, Expressed, the need of NSS for the society and highlighted NSS activities. Dr. K.L.Krishna, welcomed the guest and highlighted the importance and content of the programme.

Several lecturers were organized, Dr. Lancy D Souza, Associate Professor and HOD of Dept. of Psychology, Maharaja College, Mysore was given talk on personality development and asked the students to be a moral citizen of the country. Dr. Saraswathi, Ex Professor, Department of Nutrition & Food, Mysore University, highlighted the need for the nutritious food. Dr. Praveen Kulkarani of JSS Medical college, highlighted the five rules of cleanliness and Dr. Umesh of JSS Pharmacy College, talked about the poison information services rendered by clinical pharmacy department of JSS Pharmacy College at JSS Hospital, Mysore.

Several cultural competitions were organized for the students like, quiz, pick & speech, rangoli, drawing, debate and essay writing. The winners were given the prizes sponsored by NSS Unit of JSS University. NSS Volunteers from JSS Medical College, JSS Dental College and JSS Pharmacy College were actively participated in the programme.

World diabetes day

The NSS Unit of JSS Medical College in collaboration with Department of community medicine observed World Diabetes Day which is observed on 14 November each year. Between 2014 and 2016, 'Health Living and Diabetes' is the theme of World Diabetes Day. Education and prevention is about knowing the warning signs and risks associated with diabetes. The diabetes camp was conducted in a remote village KS Hundi of Nanjangud Taluk, more than 124 participated in the camp and benefited. All the villagers above 40 years were screened and tested for blood glucose. Those who were not in control were assembled and were given a lecture about diabetes complications and how to manage them. Patients were also educated about the nutrition and diet they have to follow with diabetes. Everyone actively involved and pledged that they will follow the diet for diabetes mellitus and health maintenance. Dr Sunil Kumar NSS Officer, Dr

Praveen Kulkarni Asst Professor and Mr. Nagendra social worker, Asha workers and other health dept staff were present.



Tribal Community Health Initiative Day at B Mattikere

It was a unique day at B Mattikere, HD Kote Taluk on 28th November morning. Team from Department of Community Medicine, JSS Medical College headed by Dr Renuka M, NSS wing headed by Dr Sunil Kumar, Inner Wheel club, Mysore members lead by Mrs Sejal and Pragati Foundation organized a Comprehensive Community Health Day at Tribal Ashrama School.

Various activities for the day included demonstration on correct brushing techniques, participative 6 steps of hand washing techniques. Children were given toothbrushes and paste sponsored by IDA, Mysore Branch.

Skit on ill-effects of Tobacco and Alcohol, importance of personal hygiene was well received by the community.

Interns and medicos volunteered to conduct the program. Over 200 members including children, pregnant, nursing women mostly of Betta kuruba community participated in the programme.

Medical checkup for children and adults was done by the team including Blood sugar testing. Free medicines were given based on the needs

Inner Wheel club members distributed sweaters, scarf, books and biscuits on the occasion.

Seeds of green leafy vegetables and vegetables were given to Ashrama School to grow plants, produce of which would be utilized to be included in mid day meals for children attending Anganwadi and residential school.



Flood victims of Tamil Nadu

In view of human suffering consequent to floods in Tamil Nadu, NSS unit of JSS Medical College Mysore has tried to help the victims by providing medical aid. 80 NSS volunteers of JSSMC split in 17 teams collected free samples from all the hospitals and practitioners in Mysore city. 30 boxes of medicines thus collected were checked for expiry date, segregated and sent to Tamilnadu along with a team of doctors (Dr. Siddalingappa Hugar, Dr. Kushal R, Dr. Vijay) and NSS Volunteers (Miss Anusha, Mr. Jagdeesh, Miss Shivani) who conducted free medical camps in the flood affected areas around Chennai, namely Thiruvallur, Chinnamathur and Pozichalur. Around 700 people were benefited from the camps over three days which were conducted mainly in the remote unreached settlements. Foot wares were also provided to the children in the affected areas.

The team could observe severe devastation in the areas situated in Adeyar river bank. Many houses were washed away to the floor by sudden gush of water from Adeyar. People have lost all their belongings and trying to rebuild their lives from the scratch. Even in houses which were not damaged, people were afraid to enter because of frequent encounter with snakes because of water clogging, which was there for 5 to 6 days. Due to re-opening of the schools, refugees had to vacate from schools during day time. People dint even have utensils to keep the relief items provided to them. All the government identity documents and other valuables were washed away in the rain cum river fury. Scenes of men and women searching for their belongings in the stagnant water, picking up clothes which were entangled to the nearby trees were common. Drinking water had to be brought from distant places. Respiratory infections, fungal infections and other dermatological problems were the main problems observed in the camp. Various organizations and volunteers were working for the relief work but it looks like suburbs/slums of Chennai situated in Adeyar riverbank needs at least few years to rebuild themselves again.

NSS unit of JSSMC thanks all the doctors of Mysore for their generous support in this humanitarian cause. The medicines they donated were used in the camps and the effort was appreciated by the Rotary authorities, local volunteers and Doctors involved in Chennai flood relief. Many volunteers were moved by the donations from Karnataka which were first to reach and was least expected considering the dispute between the states for Kaveri water. They have thanked all the people from Karnataka who have directly or indirectly helped people affected by flood. We also thank authorities of JSS Medical College and JSS University for their unconditional support to the NSS activities.



Adventure Program-Trekking

AN EXPERIENCE by Mr. Shreyas HV

Tell me who is not interested in trekking? That too when it is arranged from NSS unit of our college. 45-50 students voluntarily came forward to participate in the trekking. With us our community medicine staff Dr Hugar sir, Dr Sunil sir and pg's Dr. Varsha, Dr Praveen, Dr Kushal (paediatrics) and Dr Vijay (Medicine) also joined. As we are at the fag end of 3rd year, all are happy to participate in the trekking program. It was decided to go on 29th Nov 2015 Sunday at 5:30AM to Kotebetta near Madapura in Madikeri. Friends who used to get up late in the morning on Sundays got ready by 5:30AM on 29th and assembled in the college campus .

With food parcel packets, we started our journey from the college campus at 6:30 AM, most of them started singing and enjoying in the bus . we had breakfast at 10AM near Madapura and reached the trekking place by 10:30AM. Mr. Lokesh from youth hostel, Mysore accompanied us from Mysore, he gave us information about terrestrial, aerial and aquatic adventures and basic among the terrestrial were trekking and hiking. He also gave us precautionary measures to be taken and also told us be silent on our way into the forest to hear the sounds of birds and enjoy the beauty of nature. Some of the students applied salt on their foot to prevent themselves from the leeches, then we started our trekking from a plain road, some of them walked too fast but some of them are slow with chitchatting.

First one and half kms we walked on the road and then we walked in the forest for 2kms to reach the base of the hill, i.e Kotebetta . some of them are tired by that time with their bags, food parcel and water bottles. Some were worried about trekking for another 6 kms up to the hill. On our trekking whenever we saw moist places we used to recall leeches . leeches sucked the blood of some of our friends, for some they were climbing on their shoes. When we were walking in the grassland, from distance we are appearing like liliputs, we used to walk for some distance , take rest for a while , take photos , consume water in the middle ,like wise we had hundreds of sweet memories. When we were about to reach the top of the hill we experienced heavy wind blow and cold breeze which has given an unique experience. It was amazing to see a line of beautiful mountains and the cold breeze made us forget all our tiredness, we reached the top of the hill by 2PM.

The scenary we saw from the top of the hill was really mesmerizing , there was a small Shiva temple on the top of the hill and we even saw cows which came all the way up to graze . some of my friends including me climbed another small hill which was there as continuation of the Kotebetta, we were inviting and shouting from the top of that hill that motivated others to climb that hill too and we finished our lunch on the hills by 3PM and took some group photos on the hill and we started our return journey by 3:30 PM and we were afraid of falling from the top, while getting down the hill and the sticks which we carried while climbing helped us to get support. We had nice photographs and selfies in our mobiles, with this wonderful experience we returned to the bus by 5:30 PM. All of them got into the bus and had some delicious cookies. Soon they went to sleep as all were tired and we reached the college campus in Mysore by 8:30 PM. With this sweet experience we returned to our respective hostel and homes. It was surely an unique trekking experience to me in my life which will always be cherished.



NSS Regular Activities
Detailed Narrative report
JSS Dental College and Hospital, Mysuru

Sl. No	Date	Duration of session in Hrs	No. Volunteers attended	Nature and quantum of work
01	16-04-2015	03	100	Freshman orientation for 1 st year B.D.S students
02	14-06-2015	03	50	World Blood donation day
03	21-06-2015	02	50	International Yoga day
04	25-09-2015	02	50	Programme on Health awareness
05	15-10-2015	03	100	Programme on General Hygienic
06	13-11-2015	06	100	Awareness programme for school children in Suttur
07	08-01-2016	06	50	Denture camp at Mandya
08	08-01-2016	06	50	Denture camp at Mysore
09	09-01-2016	03	50	Denture camp at Chamarajanagar
10	10-03-2016	05	50	Preparation for special camp organized from 14 th to 20 th march 2016
11	15-03-2016	05	50	Preparation for special camp organized from 14 th to 20 th march 2016

NSS Regular Activities Detailed Narrative report

JSS College of Pharmacy, Ooty

July 15th : New NSS volunteers registration for the year 2015-16

August 19th : Orientation programme for the new NSS volunteers

29th June: Participated in the World Yoga Day programme. Rally was conducted jointly with JSS INYS. Slogans and placards were displayed to create awareness among the public

August 15th : 69th Independence day was celebrated in the college campus. Flag hoisting, speech and patriotic songs by NSS volunteers and sweet distribution were the events of the day

September 24th : NSS day was celebrated. Personality development program was conducted for the NSS volunteers.

September 25th : World Pharmacist day. Participated in the Human chain from commercial road to ATC bus stand. Rx symbol was displayed/demonstrated by the NSS volunteers.

September 27th : Liver disease rally. Participated in the rally in association with Government head quarters hospitals Ooty ,from main bus stand to ATC

October 10th : Participated in MOB(Make Ooty Beautiful) programme in association with MOB project run by private organization ,Ootacamund

December 1st: Conducted world aids day awareness program by distributing the pamphlets to the public in and around Ootacamund. 40 NSS volunteers participated in the event

December 12th: Conducted blood donation camp at the college premises in association with IPA Nilgiris branch and Government headquarters hospital Ootacamund. 48 units of blood was donated by the volunteers.

January 26th 2016: Celebrated 67th Republic day. Dr.MJ. Nanjan was the chief guest of the day. Flag hoisting, speech and patriotic song by volunteers and sweet distribution were the events of the day.

March 6th to 12th 2016: Conducted special camp at Anaikatty village. 50 NSS volunteers and two

staffs accompanied the group. Foot path laying, water tank cleaning , removal parthenium plants and awareness program on healthy foods were the events of the camp.

Action Photos, JSS College of Pharmacy, Ooty, NSS regular activities









NSS Regular Activities Detailed Narrative report

JSS College of Pharmacy, Mysuru

Description of activities:

- **Literacy**
- **Pharmacist day celebration:-** NSS Volunteers with the other students of the College Participated actively in Health screening awareness program on the occasion of **Pharmacist day celebration** on September 25, 2015.



World Pharmacists' Day Celebrated at Sarada Vilas College of Pharmacy, Mysore

- **World Pharmacist's Day Celebration:-** JSS College of Pharmacy, Mysore and Sarada Vilas College of Pharmacy, Mysore in association with Indian Pharmaceutical Association, Mysuru Chapter celebrated world pharmacist's day on 25th September 2015. Medicines must go hand in hand with pharmaceutical expertise, or in other words, with pharmacists. This is a partnership essential to the responsible use of medicines. But other partnerships are also important. Every day three million pharmacists and pharmaceutical scientists around the world act as partners to patients, other health care professionals and other scientists, throughout the whole supply chain

and with the shared vision of better health. The theme covers the provision of medicines and advice by hospital and community pharmacists but relates to all elements of the supply chain, including research and industry. Across the globe our profession is clearly demonstrating all the requirements of great partnerships; shared goals, commitment, vital skills and rapport, as well as the ability to have difficult talks and to overcome obstacles. We need to let people know this. The World pharmacist's day was celebrated with the theme of ***"Pharmacist - Your Partner in Health"***. The programme was inaugurated by Dr. Basavaraj District Health Officer, Mysuru along with other chief guests Chief Guests Sri B. S. Parthasarathi, President, Sarada Vilas Educational Institutions, Mysuru, Dr. G. Parthasarathi, Principal, JSS College of Pharmacy, Mysuru.

Dr. M.S. Vishveshwara, Medical Superintendent, Bharat Hospital & Institute of Oncology, Mysuru, Dr. S.N. Mothi, Chairman, Asha Kirana Charitable Trust, Mysuru and Dr. Hanumanthachar Joshi, Principal, Sarada Vilas College of Pharmacy, Mysuru.

Dr. Basavaraj he spoke on the importance of Pharmacy in health care setup and role of pharmacist in health care delivery. Sri B. S. Parthasarathy delivered a talk about the clinical pharmacy in India and its importance. Dr. M.S. Vishveshwara shared his thoughts on Role of Pharmacists in present day healthcare profession and shared his experience with the clinical pharmacists of JSS College of Pharmacy, Mysore. Dr. S.N. Mothi spoke about scope of pharmacist in health care set up along with other health care professionals. Ms. Janet Mathias, Deputy Chief, Nursing Services, JSS Hospital, Mysore also spoke on the roles and responsibilities of Pharmacist in health care delivery along with the other healthcare professionals.

Dr.G. Parthasarathi, Principal, JSS College of Pharmacy, Mysuru. Shared his thoughts on Role of Pharmacist in present day healthcare profession and different partnering activities carried out by pharmacist in hospitals and also the scope of pharmacist in health care set up along with other healthcare professionals. Dr. Hanumanthachar Joshi, Principal, Sarada Vilas College of Pharmacy, Mysuru in his presidential address spoke on how the profession of pharmacy has grown and explained the roles and responsibilities of Pharmacists and also the services offered by them to the society in coordination with the other healthcare professionals. On this occasion, senior Pharmacists from community and from hospital set up were felicitated. Dr. M. Ramesh, Professor and Head, Department of Pharmacy Practice, JSS college of Pharmacy, Mysore

welcomed the dignitaries and gathering and Dr. M.N. Purohit, Professor, proposed vote of thanks.



- **Independence Day Celebration**

On 15th Aug 2015 **Independence Day** was celebrated in JSS Medical College Campus, Mysore. All the NSS Volunteers participated in the celebration of Independence Day.



- **Watershed Conservation and Drinking Water facilities**

All the NSS Volunteers during the NSS Special Camp on the second day of the special camp at around 12pm all the NSS Volunteers attended a programme organized by the Gram Panchayath office of the Benakanahalli village with the message of World Water's Day 2016 "Save Water and Stop Wasting of Underground water" and all the NSS Volunteers carried out a rally along with the villagers by holding of banners and placards with the slogans of "Save Water and Stop Wasting of Underground water " .



- **Health and Family Welfare**

- **Health and Family Welfare**

On 15th June 2015 World blood Donors day was Organized and conducted. NSS Unit of JSS College of Pharmacy, Mysore, NSS Unit of JSS College of Nursing & Dept of Transfusion Medicine, JSS Hospital Organized Blood donation Awareness Rally in Collaboration with District Health and Family Welfare, District AIDS Prevention and control unit, Mysuru. More than 500 NSS Volunteers from JSS College of Nursing, JSS Pharmacy College, Mysuru and various other colleges and NGOs Participated in the Rally.



NSS Volunteers participated in World Blood Donors Day – 2015 Awareness rally



• **Report on Awareness Program on Poison Information conducted at Suttur Village:-**

The Poison Information Centre (PIC) located at Department of Clinical Pharmacy, JSS Hospital, Mysore conducted a Poison Information Awareness Program in Suttur Village, Mysore District on 13th November 2015. The aim of the program was to create awareness among the farmers about safe handling of pesticides and also about the first aid measures in case of poisoning. During the awareness program, villagers were educated about the safe handling, utilization, storage, transport and disposal of Pesticides. They were also educated about the first aid measures they must follow in case of the accidental poisoning as well as poisoning due to Snakebites. In addition, Community Pharmacists working in the community Pharmacies were made aware of the facility and services available at Poison information centre located at JSS Hospital, Mysore. Also they were educated about the safe use of medications in the elderly as well as paediatric populations, and advised them to percolate the information to the consumers in order to prevent accidental poisonings due to medications in elderly and paediatric population. During the awareness and education program, farmers and general public were provided with various kinds of information leaflets. The leaflet includes the education material on safe use of medications in elderly and paediatric patients, first aid measures during snakebites and also safe handling of pesticides. Posters on poison information centre with its Toll Free number were displayed at various strategic places including Primary Healthcare Center (PHC) of the village, Bus Stand and School with the aim of creating awareness amongst general public. Local population visiting primary healthcare centre and public places were educated and were made aware of the Toll Free Poison Information Helpline number available at Poison Information Centre. A PowerPoint presentation about safety and first aid measures in case of accidental/intentional poisoning and snakebites was made in JSS High School in the local language (Kannada) to create awareness among the school children. A healthy participation was seen from the people of all age groups throughout the campaign.



Fig: Educating the Students of JSS High School about First Aid Measures.



Fig: Display of poster in the Primary healthcare center of Suttur village



Fig: Educating local public and distributing leaflets.



Fig: Educating the local Community Pharmacists about the Poison Information Services and safe use of medications to prevent poisoning due to medications.

- Report on Health Screening Service:-** As part of National Pharmacy Week celebrations, JSS College of Pharmacy, Mysore in association with Indian Pharmaceutical Association Mysore Branch organised Health Screening Services camp on 25th November 2015 for the benefit of general public. The camp was conducted in two different locations of Mysuru city (Balabhavan and Chamundi Vihar Stadium). During the camp, Capillary Blood Glucose and Blood Pressure were measured. About 250 people were screened and benefited from the camp. During the camp, 5 cases of diabetics and 7 hypertensive cases were detected. Two staff members and 10 postgraduate students and research scholars of the Department of Pharmacy Practice involved in the conduct of the camp.



- Report on Poison Information Service Awareness and Education :-** The Poison Information Centre (PIC) located at Department of Clinical Pharmacy, JSS Hospital, Mysore conducted a Poison Information Awareness Program in Sri Shivarathreeswara Nagar, a residential area of Mysore District on 25th November 2015. The aim of the program was to create awareness among the general public about the first aid measures in case of poisoning. During the awareness program, the local residents were educated about the first aid measures they must follow in case of accidental poisoning. In addition, they were made aware of the facility and services available at Poison information centre located at JSS Hospital, Mysore. Also they were educated about the safe use of medications in the elderly as well as pediatric populations, and advised them to percolate the information to the relatives and the close ones in order to prevent accidental poisonings due to medications in elderly and pediatric population. During the awareness and education program, general public was provided with various kinds of information leaflets. The leaflet includes the education material on safe use of medications in elderly and paediatric patients. Posters on poison information centre with its Toll Free number were displayed at various places with the aim of creating awareness amongst general public. Local population visiting public parks were educated and were made aware of the Toll Free Poison Information Helpline number available at Poison Information Centre. A healthy participation was seen from the people of that particular locality throughout the campaign.





- **Blood Donation Camps**

a). No. Of donors - 120

b). No. Of units of Blood donated - 76

- **Population Education:-**

- **Population Education:-NSS Day Celebration**

On 13th September 2015 the NSS Day was celebrated by our college with the theme of "Not Me But You". The NSS Day was celebrated along with the World Alzheimer's Day celebration at the foot hills of Chamundi temple, Mysore. All the volunteers from JSS College of Pharmacy, Mysore and Students from Sarada Vilas College of Pharmacy, Mysore participated in NSS Day Celebration and we had a walkathon rally from the foothills to Chamundi temple and all the volunteers created awareness among the public who came for the morning walk to Chamundi hills on the Alzheimer's disease, its symptoms and its management. The World Alzheimer's month programme was conducted in association with the Sarada Vilas College of Pharmacy, Mysore. NSS Day celebration and world Alzheimer's month awareness program were together inaugurated by MLA Vasu of Mysore.

NSS Program officer Dr. Umesh M and Sarada Vilas Educational Institutions President B.S. Parthasarathy, Sarada Vilas Pharmacy College Principal, Dr. Hanumanthachar Joshi, ARDSI Mysuru Secretary General Dr. S.P. Goswami and others were present on the occasion. The students held placards that carried warning signs of Alzheimer's disease and dementia. A health screening and memory screening camp was held at the Hill top for elder citizens and other

public. The programme went on for four hours with active participation from all the NSS Volunteers.



- **AIDS awareness (UTA) Programme**

NSS volunteers of our college are playing a major role in creating health awareness, specially about AIDS, diabetes, smoking and alcohol in the public, especially among the village people. Whenever there are big mela or Jatra Mahosthava in the near by villages, our NSS volunteers never miss the opportunity to do so. They create AIDS/smoking/alcohol awareness by performing skits and also asking them questions about AIDS/smoking/alcohol and by distributing the hand bills which contains information about AIDS/smoking/alcohol, its spreading, symptoms, precautions to prevent. etc.,.

**NSS Special Camping activities
2015-16**

NSS Special Camping activities

Special camping dates

College	Dates of Special camping	Village
JSS Medical College	20/09/2015 to 26/09/2015	Tribal Haadis in Bandipur tiger reserve
JSS Dental College & Hospital	14-03-2016 to 20-03-2016	Hosekote
JSS College of Pharmacy, Mysuru	21-03-2016 to 27-03-2016	Benakanahalli
JSS College of Pharmacy, Ooty	06-03-2016 to 12-03-2016	Anaikatty

NSS Special Camping Outcome

JSS Medical College, Mysuru			
Day /Date/Time	Name of the programme	Number of beneficiaries	Approximate outcome of the programme (Rs.)
21/09/2015 to 26/09/2015	Free health checkup and treatment	931	85,000.00
Total		931	85,000.00

JSS Dental College and Hospital, Mysuru			
Day /Date/Time	Name of the programme	Number of beneficiaries	Approximate outcome of the programme (Rs.)
15-03-2016	Free Dental checkup treatment camp for children	100	10000
16-03-2016	Eye checkup camp	50	10000
17-03-2016	Free dental treatment camp	100	30000
18-03-2016	Free general health camp	100	30000
19-03-2016	Free Health camp from Cardiologist	50	20000
Total		400	1,00,000

JSS College of Pharmacy, Mysuru

Day /Date/Time	Name of the programme	Number of beneficiaries	Approximate outcome of the programme(Rs.)
Tuesday 22/03/2016 10 am to 4 pm	Free Ayurvedic health checkup camp from JSS Ayurvedic college doctors, Mysore.	120	16,000.00
Tuesday 22/03/2016 10 am to 4 pm	Awareness Rally on Conservation of Water as a part of World Water's Day 2016 with the theme of "Save Water and Stop Wasting of Underground water".	480	12,000.00
Tuesday 22/03/2016 6 pm to 9 pm	Lecture on Personality Development by Prof. Lancy D Souza and Lecture and demonstration on Black Magic by Sri. Bhavanishankar.	180	8,000.00
Wednesday 23/03/2016 10 am to 4 pm	Free Technical Service camp from JSS women's Polytechnic College, Mysore	220	22,000.00
Wednesday 23/03/2016 6pm to 9 pm	Lecture on AID'S and its prevention by Prof. Sathyanarayana Retired Professor from Basudeva Somani College, Mysore and demonstration and skit on AID'S by NSS Volunteers and Lecture on NSS and the NSS Songs meaning by Dr.S.S. Raje Urs History Professor from Basudeva Somani College, Mysore.	180	8,000.00
Thursday 24/03/2016 10 am to 4 pm	Free health checkup camp from JSS Medical college Hospital doctors, Mysore. General Medicine , Cardiology and pediatrics departments.	220	32,000.00
Thursday 24/03/2016 6 pm to 9 pm	Lecture and presentation on "Underground Water Conservation and its safe Use" by Mr.KVR Chowdry Geophysicist and his team . Mr.KVR Chowdry educated the villagers on "Conservation of Underground water and recharging of Bore Wells" by playing some videos on methods of ground water conservation and recharging of bore wells.	140	12,000.00
Friday 25/03/2016 10 am to 4 pm	Free health checkup camp from JSS Medical college Hospital doctors, Mysore. Ophthalmology, Orthopedics and Dermatology departments .	140	38,000.00
Friday	Lecture and presentation on by "Information and	160	12,000.00

25/03/2016 6 pm to 9 pm	Public Relations Department” of Government of Karnataka educated and created awareness among the farmers and villagers on different governmental schemes of the Karnataka government like Anna Bhagya, Ksheera Bhagya, Arogya Bhagya etc., and educated all the farmers on various schemes of APMC and various benefits provided by the government to the farmers in selling their agricultural products by Mr. Ramakrishna and Mr. Krishna by displaying various video tapes and clippings.		
Saturday 26/03/2016 10 am to 4 pm	Free Veterinary Check up camp by veterinary doctors from Dept. of Animal Husbandry and Veterinary Sciences, Horalahalli, of T. Narashipura Taluk, Mysore Dist.	168	44,000.00
Saturday 26/03/2016 10 am to 4 pm	Free Dental checkup camp from JSS Dental college doctors, Mysore.	156	16,000.00
Saturday 26/03/2016 6 pm to 9 pm	Lecture and awareness program on Snake Conservation and how to treat snake bite poisoning by Mr. Snake Rangaswamy and Mr. Pramodh of Nuggehalli, Pandavapura Taluk. Awareness on Poison Information Centre at JSS Hospital, Mysore and its various activities like providing information on First Aid Measures and treatments of various types of Poisoning and the Toll-Free-Number of the Poison Information Centre 1800-425-0207 etc.	196	12,000.00
Total		2,360	2,32,000.00

JSS College of Pharmacy, Ooty

Day /Date/Time	Name of the programme	Number of benefici aries	Approximate outcome of the programme (Rs.)
Sunday. 06-03-2016	volunteers cleaned the premises Anaikkatty primary school hostel which is also the part of NSS programme.	75	7,000.00
Monday 07-03-2016	cleaning of the surrounding areas of the school which was too dirt and full of garbage, in cooperation with school children and supporting village peoples	200	10,000.00
Tuesday 08-03-2016	Volunteers repairing of the nonfunctioning of motor pump in association with electrician of the village Panchayath. Cleaning of the drainage and foot path for the water tank.	200	20,000.00
Wednesday 09-03-2016	Cleaning of drainages, leveling of road, digging of water harvesting ponds near hand bore wells etc, which was supported by the villagers	300	15,000.00
Thursday 10-03-2016	Plantation of tree cuttings in the school premises of Anaikkatty supplied by the forest department	200	10,000.00
Friday 11-03-2016	Interaction with the village peoples to create awareness about healthy and nutritional foods	250	10,000.00
Saturday 12-03-2016	Diagnostic and counseling camp for blood sugar, Blood pressure and BMI in association with medical group from NAWA (Nilgiris Adivasi Welfare Association) screening for	250	20,000.00
Total		1,475	92,000.00

Total Approximate outcome of special camping activities

College/unit	Number of beneficiaries	Approximate Outcome in Rs.
JSS Medical College	931	85,000.00
JSS Dental College & Hospital	400	1,00,000.00
JSS College of Pharmacy, Mysuru	2,360	2,32,000.00
JSS College of Pharmacy, Ooty	1,475	92,000.00
Total	5166	5,09,000.00

NSS Special Camping activity, detailed narrative report

JSS Medical College, Mysuru

Annual special camp of NSS unit of JSS Medical College for 2015-16 was organized at Bandipur National tiger reserve forest of Gundlupete taluk, Chamarajanagar District for the benefit of tribals residing in and around tiger reserve forest. Camp was conducted from 20-09-2015 to 26-09-2015 for seven days under the joint collaboration of NSS unit of JSS Medical College, Forest Department of National Tiger Reserve Bandipur and Sri Sai Pragathi Foundation(R).

Camp was inaugurated on 20-09-2015 by Sri. Maradimani, Assistant conservator of forest of Bandipur tiger reserve, which was also attended by Dr. Basavanagowdappa H Dean faculty of Medicine JSS University, Dr. Balaraj BM Principal JSS Medical College Mysore, Sri. Naveen Kumar wildlife warden of Chamarajanagar District, Dr Sunilkumar D NSS Program Officer, Dr Siddalingappa HugarAsst Program Officer JSS Medical College, and Sri. Doddaiiah and Mrs. Rathnamma from Sri Sai Pragathi Foundation. 50 NSS volunteers, local tribal volunteers and forest department staff attended the function.

Free Medical Checkup and treatment camp was done at Tribal Residential school of Bandipur, by specialists in General Medicine, Pediatrics, Dermatology, ophthalmology, Psychiatry, Community Medicine and Community dentistry with the active involvement of undergraduate and postgraduate NSS Volunteers.

On first two days 167 people got the benefit of the camp. From Wednesday to Friday camp was simultaneously conducted at Bandipur and Different hamlets with a mobile team of doctors. Over the period of five days 931 people were benefited from this camp. Height, weight, blood pressure, blood glucose level and ECG testing were done for the camp beneficiaries and 45 new cases of Hypertension and 5 new cases of Diabetes Mellitus were newly diagnosed and put on treatment.

Protein energy malnutrition, anemia, scabies, fungal infections of the skin, dental caries, cataract were commonly seen problems during the camp. Patients requiring higher medical attention were referred to JSS Hospital for further evaluation. Community Dentistry team performed tooth extraction, cavity filling, scaling and other minor procedures and educated children on oral

hygiene. Free tooth paste and brushes were distributed to the children of tribal school. Principal of JSS Dental College assured free dentures to the edentulous patients identified through the camp and other treatments at 50% Discount within one month of the camp dates.

Ophthalmology cases were pooled over the week and were screened by ophthalmologist on Friday and were referred to JSS Hospital for free surgery.

Psychiatric counseling was provided to the known alcoholics in the region and 15 people enrolled for the de-addiction.

Along with mobile health check up, all school children in the hamlets were screened by pediatrician and dermatologists. All the children and women in reproductive age group in the hamlets were dewormed using Albendazole. Survey was conducted in 12 Hamlets around Bandipur covering upto a distance of 35 Km from the camp location. 192 houses were surveyed for sociodemographic and healthcare attributes of the tribal population. Scenes of tribal people running into the forest on seeing the survey team was common and many were hesitant to come out of their house. They were mobilized with the help of tribal volunteers from Sai Pragathi Foundation. After the camp at Anganwadi or school in the hamlet hesitant people were treated at their home. There were few injured and bedridden patients left with minimal attention in the home due to lack of transportation facility. They were examined and treated at their home.

Incidences of man-animal conflicts in previous year were reported during the survey. There were survivors of leopard, elephant, tiger and bear attacks. Plenty of social problems plagued the tribal hamlets in the form of poverty, ignorance, illiteracy, school drop outs, alcoholism, substance abuse, child marriage and teenage pregnancy. Many people were not aware about the existing government schemes for their welfare and were still dependent on forest products and labor work for their living.

Considering the burning problems of the alcoholism, substance abuse and personal hygiene NSS volunteers performed street plays on the same themes in tribal hamlets to create health awareness. It was encouraging to see the children practice all steps of hand washing technique during lunch session which followed the street play.

NSS volunteers were addressed by renowned wild life conservation activist Sri D Rajkumar on diversity of flora and fauna in Bandipur forest and shared his experience of wild life interaction. He also gave a talk on birds and snakes and their identification, which was followed by a nature walk for practical demonstration of bird watching.

Valedictory function of the camp was conducted on 26-09-2015 at tribal Residential school of Bandipur which was Presided by Sri. Mallesh BB Conservator of Bandipur forest and attended by Sri Maradimani ACF of Bandipur, Sri Nanjappa former Zilla Panchayat member, Dr Narendra Babu THO of Gundlupete, Dr. Raghunandan Deputy Director of Academics JSS University, Sri Gangadhar Superintendent JSS Medical College, Dr. Prashanth V and other local leaders and tribal activists.

Two tribal traditional healthcare providers who have been practicing herbal medicine for over 50 years were felicitated at the function with Cash award and memento. NSS volunteers contributed and gifted cricket set, volleyball, throw ball, chess set, tennicoit rings, skipping ropes, educational charts and slippers to the tribal school children. They also gifted wall clocks to the cottages of Bandipur tiger reserve as symbol of their cherished memories.

Action Photos







WhatsApp us
9108048486

Pathetic road



The road in Ramakrishna Nagar T block is in a pathetic condition. The drainage gets blocked and the sewage water enters the houses. The residents of the area who have sent the petition said that the road was dug for repair works since two months and is not completed. He has urged the Corporation to take up the work on priority and act it right.

The "grand" Raja Marga



Concrete slabs placed on drains in Raja Marga have collapsed causing inconvenience to pedestrians and also affects the quality of water undertaker. Authorities concerned are urged to rectify the same.

Parking woes



Though residents are expressing time and again the woes of four-wheeler problem at the KSRTC suburban Bus Stand, nobody has bothered to act right. Two wheelers are parked near both the entrances to the bus stand though there are no parking stands causing inconvenience to other motorists entering the bus stand. Will the authorities concerned look into the matter and see things right?

Inquizition, wake the genius in you Inter-College Quiz held at VVCE

Mysuru, Nov. 20: Inter-college quiz competition 'Inquizition, wake the genius in you' for first year degree students, in association with Indian Society for Technical Education was conducted by VVCE, Vardhann College of Engineering (VCE), at its premises recently. A total of 40 teams participated and each team consisted of three members. Seven teams qualified for the grand finale.

The winners: 1st place: P. Praveen, V. Bharath and Yogesh Kumar from Vardhann College, Bengaluru. 2nd place: Mahesh Kulkarni, B. Nalin and S. Pradeep from National Institute of Engineering College (NIE), Mysuru. 3rd place: Kishan V. Shashidhar, Neelgopal Prasad and S.T. Joseph from St. Joseph's College of Engineering (SJCE), Mysuru.

Lecture on 'Psychology as profession' held

Mysuru, Nov. 20: (SACM)-Regarding the lack of professional skills among psychology students in the country, former Psychology faculty of National Institute of Mental Health and Neurosciences (NIMHANS), Dr. G.G. Prashu has called upon budding psychologists to update their skills to keep in tune with the latest developments across the globe in the field.



He was speaking on the topic: 'Psychology as Profession: Pathways or Pitfalls', as part of Contemporary Lecture Series in Psychology, organized by the Department of Studies in Psychology, University of Mysore (UoM), at the Department's Prof. Krishnam Auditorium, Mahanagar, on Saturday.

Psychology teachers for their return to service interest among the student community in taking up studies in Psychology. Expressing concern over the lack of professional skills among Psychology students, he observed that most of the Psychology students passing out of colleges lacked professional skills and innovation. Dr. Prashu, an Assistant Professor in Psychology, presented a paper on 'Psychology as Profession: Pathways or Pitfalls'.

One-day orientation programme for school children held



Mysuru, Nov. 20: NSS is a one-day orientation programme for school children of Suttur High School was held recently. The programme was organized on the eve of the centenary birth celebration of Sri Sri Swamiji Chattampi Swamikal on this occasion of children's day.

The activity was co-ordinated by Dr. K.L. Krishna, NSS Programme Co-ordinator with NSS Programme Officers Dr. Sundar Kumar, Dr. Ravi and Dr. Umesh. Prof. Chandrashekar, Professor of Economics, Mahanagar College, Mysuru and former NSS Programme Co-ordinator, Mysuru University, in his inaugural address, expressed the need of NSS for the society and highlighted the activities of NSS. Dr. K.L. Krishna, welcomed the guest and highlighted the importance and content of the programme. Dr. Laxmi O'Shane, Associate Professor and HOD of Dept. of Psychology, Mahanagar College, Mysuru, spoke on personality development and asked the students to be a model citizen of the country. Dr. Sanjay Kumar, former Professor, Department of Nutrition & Food, Mysuru University, highlighted the need for nutritious food and Dr. Praveen Kulkarni of JSS Medical College, highlighted the fine role of dietitians. Several competitions such as quiz, group & individual drawing, debate and essay writing were held for the students. The winners were given the prizes, sponsored by the NSS Unit of JSS University, NSS Unit of JSS Medical College, JSS Dental College and JSS Pharmacy College participated in the programme.

EVENTS

Appointing Congress
Mysuru, Nov. 20: The 100th anniversary of the formation of the Congress Party in Mysuru was celebrated on Saturday. The event was organized by the Mysuru District Congress Committee. The programme included a quiz competition, a group drawing, and an essay writing competition. The winners were awarded prizes by the District Congress Committee. The event was attended by a large number of students and faculty members from various colleges in Mysuru.



Dr. M. Srinivas, District Youth Welfare Officer, Mysuru, was the chief guest at the event. He addressed the students and faculty members, highlighting the importance of the Congress Party in the development of the country. He also urged the students to be active citizens and contribute to the progress of the nation. The event was a great success and was well-received by the students and faculty members.

Special annual camp at Bandipur

by NSS unit of JSS Medical College

Mysuru, Oct. 2: Annual special camp of NSS unit of JSS Medical College for 2015-16 was organised at Bandipur National Tiger Reserve Forest of Gundlupet taluk, Chamarajanagar district, for the benefit of tribals residing in and around tiger reserve forest. Camp was conducted for seven days (Sept. 20 to 26) under the joint collaboration of NSS unit of JSS Medical College, Forest Department of National Tiger Reserve Bandipur and Sri Sai Pragathi Foundation.

The camp was inaugurated on Sept. 20 by Maradimani, Assistant Conservator of Forest of Bandipur Tiger Reserve, which was also attended by Dr. H. Basavanagowdappa, Dean, Faculty of Medicine JSS University, Dr. B.M. Balara, Principal, JSS Medical College, Mysuru, Navene Kumar, Wildlife Warden of Chamarajanagar District, Dr. D. Sunilkumar, NSS Program Officer, Dr. Sekkalingappa Hugar, Asst. Program Officer, JSS Medical College and Doddappa and Rathnamma from Sri Sai Pragathi Foundation.

A total of 50 NSS volunteers, local tribal volunteers and Forest Department staff attended the Junction Free Medical Check-up and treatment camp was done at Tribal Residential School of Bandipur by specialists in General Medicine, Paediatrics, Dermatology, Ophthalmology, Psychiatry, Community Medicine and Community Dentistry with the active involvement of UG and PG NSS volunteers.

On first two days, 167 people got the benefit of the camp. From Wednesday to Friday, camp was simultaneously conducted at Bandipur and different hamlets with a mobile team of doctors. Over the period of five days, 931 people were benefited from this camp. Height, weight, blood pressure, blood glucose level and ECG testing were done for the camp beneficiaries and 45 new cases of Hypertension and 5 new cases of Diabetes Mellitus were newly diagnosed and put on treatment.

Protein energy malnutrition, anaemia, scabies, fungal infections of the skin, dental caries, cataract were commonly seen



JSS Medical College NSS volunteers distributing medicines.

problems during the camp. Patients requiring higher medical attention were referred to JSS Hospital for further evaluation.

Community Dentistry team performed tooth extraction, cavity filling, scaling and other minor procedures and educated children on oral hygiene. Free tooth paste and brushes were distributed to the children of tribal school. Principal of JSS Dental College assured free dentures to the edentulous patients identified through the camp and other treatments at 50% discount within one month of the camp dates.

Ophthalmology cases were pooled over the week and were screened by ophthalmologist on Friday and were referred to JSS Hospital for free surgery. Psychiatric counselling was provided to the known alcoholics in the region and 15 people enrolled for the de-addiction.

Along with mobile health check-up, all school children in the hamlets were screened by paediatrician and dermatologists.

All the children and women in reproductive age group in the hamlets were dewormed using Albendazole. Survey was conducted in 12 hamlets around Bandipur covering up to a distance of 35 km from the camp location. 192 houses were surveyed for socio-demographic and healthcare attributes of the tribal population. Scenes of tribal people running into the forest on seeing the survey team was common and many were hesitant to come out of their house. They were mobilised with the help of tribal volunteers from Sri Sai Pragathi Foundation. After the camp at Anganwad school in the hamlet, hesitant people were treated at their home. There

were few injured and bed-ridden patients left with minimal attention in the home due to lack of transportation facility. They were examined and treated at their home.

Incidents of man-animal conflicts in previous year were reported during the survey. There were survivors of leopard, elephant, tiger and bear attacks. Plenty of social problems plagued the tribal hamlets in the form of poverty, ignorance, illiteracy, school drop outs, alcoholism, substance abuse, child marriage and teenage pregnancy.

Many people were not aware about the existing government schemes for their welfare and were still dependent on forest products and labour work for their living.

Considering the burning problems of the alcoholism, substance abuse and personal hygiene, NSS volunteers performed street plays on the same themes in tribal hamlets to create health awareness. It was encouraging to see the children practice all steps of hand-washing technique during lunch session which followed the street play.

Valedictory function of the camp was conducted on Sept. 26 at Tribal Residential School of Bandipur which was presided over by B.B. Mallesh, Conservator of Bandipur Forest and attended by Maradimani, ACF of Bandipur, Nanjappa, former Zilla Panchayat member, Dr. Narendra Babu, THO of Gundlupet, Dr. Raghunandan, Deputy Director of Academics, JSS University, Gangachar, Superintendent, JSS Medical College, Dr. V. Prashanth and other local leaders and tribal activists. Two tribal traditional healthcare providers, who have been practicing herbal medicine for over 50 years, were felicitated at the function with cash award and memento.

NSS volunteers contributed and gifted cricket set, volleyball, throw ball, chess set, tennis rackets, skipping ropes, educational charts and slippers to the tribal school children. They also gifted wall clocks to the cottages of Bandipur Tiger Reserves as symbol of their cherished memories.

Lions Clubs of Mysore - In Mini-Science E

Mysuru, Oct. 2: Lions Club of Mysore, Indiranagar, under the aegis of Tricent Skills and Learning Solutions; Mysuru, had organised Mini-Science Exhibition for Poushakarmika Children's Government School at Kudremala on Sept. 28.

This exhibition was made beneficial to students in learning science with the help of simple science working models. Students were seen excited, to see science models and learn practically.

Speaking after inaugurating the expo, Leo Club Director and Senior Lion Nagaraj Baiyya said that this kind of unique programmes should be conducted for rural government schools for

Selection of kitchen terrace garden be

Mysuru, Oct. 2: The Horticulture Department has invited applications for selection of 294 kitchen garden and 294 terrace garden beneficiaries from the city, for distribution of vegetable kits and implements. The house owners of the city, who are interested in developing kitchen

Wins gold in Nati

Mysuru, Oct. 2: V. Ambika of Sree Cauvery Educational Institutions won gold medal in South Zone National Athletics Championships held at Kakinada in Andhra Pradesh recently.

The Management and staff of the Institution have congratulated Ambika on her three consecutive triumph.

Vijaya Vittala excel in Citi



The prize winners are seen with other staff

Mysuru, Oct. 2: The following students of Vijaya Vittala Composite PU College, Sarawathipuram, excelled in various events of "Citizen's Fest," the district-level intercollegiate competitions organised by Citizens' College of Nanjangud recently.

Nischitha N. Gowda and team won first prize in Girls Throwball.



NSS volunteers staging street play

ಜನ ಶಿಕ್ಷಣ, ನವೋದಯ, ಸಂಘಟನಾ ಕಾರ್ಯಗಳನ್ನು ಹಾಗೂ ಇತರರು ಉಪಸ್ಥಿತರಿದ್ದರು.

ವಿರೂಪಾಕ್ಷನ ಸಂಗೀತಗಾರ್ಥಿ ಸಂಘವಿರುವ ಮುನ್ನ ವಿದ್ಯಾಪೀಠದಲ್ಲಿ

ತಹಶೀಲ್ದಾರ್ ರಾಮಪ್ಪ ಮನವಿಪತ್ರ ಇತರ

ಹಾಡಿ ಜನರಿಗಾಗಿ ಆರೋಗ್ಯ ತಪಾಸಣೆ

ಮೈಸೂರು: ಜೆಎಸ್ಎಸ್ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯದ ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ ಮತ್ತು ಶ್ರೀ ಸಾಯಿ ಪ್ರಗತಿ ಫೌಂಡೇಷನ್ ವತಿಯಿಂದ ಈಚೆಗೆ ಜಾಮರಾಜನಗರ ಜಿಲ್ಲೆಯ ಗುಂಜುಪೇಟೆ ತಾಲ್ಲೂಕಿನ ಮದ್ದೂರು ಗಿರಿಜನ ಕಾಲೋನಿಯಲ್ಲಿ 'ಉಚಿತ ಆರೋಗ್ಯ

ತಪಾಸಣಾ ಶಿಬಿರ' ನಡೆಯಿತು. ರಾ.ಸುನೀಲ್ ಮತ್ತು ಡಾ.ಸಿದ್ದಲಿಂಗಪ್ಪ ಅವರ ನೇತೃತ್ವದ ತಂಡವು ಹಾಡಿಯ ಬುಡಕಟ್ಟು ಜನರ ಆರೋಗ್ಯ ತಪಾಸಣೆ ನಡೆಸಿ ಉಚಿತವಾಗಿ ಔಷಧಿಯನ್ನು ವಿತರಿಸಿತು. ಇದಕ್ಕೂ ಮುನ್ನ ಬೇರಂಬಾಡಿಯ

ಗ್ರಾಮ ಪಂಚಾಯಿತಿ ಮಾಜಿ ಅಧ್ಯಕ್ಷ ರಾಜೇಶ್ ಅವರು ಶಿಬಿರವನ್ನು ಉದ್ಘಾಟಿಸಿ ಶುಭ ಹಾರೈಸಿದರು. ಸಾಯಿ ಪ್ರಗತಿ ಫೌಂಡೇಷನ್ ಅಧ್ಯಕ್ಷ ಎಸ್. ರತ್ನಮ್ಮ, ಮುಖಂಡರಾದ ಎಸ್. ರಾಜೇಂದ್ರ, ಬಸಪ್ಪ, ಪ್ರಕಾಶ್, ಸೋಮಣ್ಣ ಹಾಜರಿದ್ದರು ಎಂದು ಪ್ರಕಟಣೆ ಕೆಳಗಿದೆ.



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as (from left) Banjara Academy mem-
ber Executive of the college Prof. B.V.
toD of English H.M. Mahalingappa and

s not had introduced two programmes
atics based on the UGC guidelines:
one Bachelor of Vocation (Software
ents Development), Bachelor of Vo-
cation (Food Processing and
Engineering) and PG Diploma
in Animation and Multimedia
which would provide employment
to the students.

Four technical sessions by
Banjara Academy, Bengaluru
followed the inaugural pro-
gramme. Banjara Academy
members Dr. Asha Sidd, Punima
Ganesh and H. Reema were the
resource persons.

Principal of the college Prof.
M.B. Mallikarjuna Pandit was
present on the occasion.

ned to use udiciously



Vagabhushta, Member R.S. Mohana-
Vattam, 'Sharade' Magazine Editor K.
College's annual magazine 'Sharade'
cently.

ssing 'Sharade' and that they have
rade' won medals and prizes despite
the coming from disadvantaged
background should create a
sense of optimism, he observed.

B.S. Parthasarathy, President
of Sarada Vilas Educational In-
stitutions, R.S. Mohanamurthy,
Member of the Governing Coun-
cil, K. Umakanth, Editor of 'Sha-
rade' were present at the function.

Sumukh rendered the in-
vocation. Varun Bharadwaj wel-
comed. Akshatha introduced
the chief guest. Kiran proposed a
vote of thanks. Divya compered.

JSS Medical College conducts Special NSS Camp



Mysuru, Apr. 12 (AAA)- The
NSS Unit of JSS Medical Col-
lege, Sri Shivarathreshwara
Nagar, Mysuru, recently con-
ducted a week-long NSS special
camp for the residents of
Srinivasa Agrahara village of
Srirangapatna Taluk.

At the inaugural function, Dr.
Sujoy Kumar addressed the
gathering about the role of doc-
tors in building the society. He
noted that nowadays the med-
ical care and technology have
changed so much that the rela-
tionship between doctor and pa-
tient is getting diminished.

He suggested NSS volunteers
to develop service oriented at-
titude and serve the rural people.

Dr. H. Basavanagowdappa,
Principal of the College, in his
address, said that NSS was
Gandhi's dream of building Na-
tion by the efficient utilisation of
youth of the country.

The doctor urged the NSS
volunteers to build good rap-
port with the villagers and cre-
ate awareness among the vil-
lagers regarding health and its
importance.

Dr. Balaraj, Vice-Principal
of the College, noted that the
amount spent on prevention of
diseases is much less than that
of treating the diseases.

Dr. Sunil Kumar, NSS Pro-
gramme Officer proposed a
vote of thanks.

Camp details of Day-1: 96

patients underwent medical
check-up; **Day-2:** Obstetrics
and Gynaecology specialty clin-
ic was organised, which was
attended by 87 patients; **Day-3:**
Paediatrics specialty clinic was
organised. 99 patients attend-
ed. School children with malnu-
trition and other problems were
addressed; **Day-4:** ENT, Oph-
thalmology and Dermatology
specialty clinics were organised.
Cataract cases were referred to
JSS hospital for free eye oper-
ation; **Day-5:** Orthopaedics and
dental check up clinics were or-
ganised. Tooth extraction and
filling were done.

A total of 556 patients received
the benefit out of the week-long
camp. Medicines were distribut-
ed free of cost to all the patients.

Dr. Sunil Kumar, NSS Pro-
gramme Officer and Dr. Sid-
dalingappa, Assistant NSS
Programme Officer, coordi-
nated the camp.

At the valedictory, Vice-Prin-
cipal Dr. Balaraj expressed his
happiness over the success
of the camp.

Dr. Gangadarappa, NSS
coordinator, JSS University
said that in Karnataka only three
Medical Colleges are doing
well in NSS among which JSS
Medical College, Mysuru is one.

Dr. Prashant, Dr. Renuka, Dr.
Ashok, Dr. Narayanmurthy, Dr.
Prakash Jayshankar were pres-
ent on the occasion.

UoM Registrat-
raj too paid sur-
back the attend-
served notices t
in the departme

MC pr



Co-operation
MLA R. Nara-
Mahadevasw

Mysuru, Ap-
The Mysore a-
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record profit c-
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Addressing
the Bank's hel-
on Ashoka Ro-
the Bank Pre-
R. Narendra s-
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crore in 2011
in 2012-13 ar-
2013-14. The l-
highest profit i-
in 2014-15 d-
loans at a lo-
fixed by the go-

Stating th-
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and Chamar-
Narendra sa-
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the Bank has
crop loan to ov-
Also, a sum-
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including 12.0
were given nor-
he said.

Pointing ou-
than Rs. 3 li-

situations will provide treatment he said that with the funds Mutnukumaran presided.

World Diabetes Day observed



Mysuru, Dec. 6 (KS)- The
NSS Unit of JSS Dental Col-
lege, Mysuru, in association
with the Department of Commu-
nity Medicine, observed World
Diabetes Day with the theme
'Healthy Living and Diabetes' by
conducting diabetes camp.

The camp was conducted in

K.S. Hundl, a remote village in
Nanjangud Taluk, during which
more than 124 villagers attend-
ed the camp. All the villagers
above 40 years were screened
and tested for blood glucose.

Those who were not in control
were assembled and were given
a lecture about diabetes com-

plications and how to manage
them besides educating them
about the nutrition and diet they
have to follow.

Dr. Sunil Kumar - NSS Officer,
Dr. Praveen Kulkarni - Asst. Pro-
fessor, Nagendra - social work-
er, Asha workers and staff of the
Health Dept. were present.

adding to Chikkamma School in Vijayanagar
ped with garbage such as empty plastic
on debris, etc, making it a garbage dumping
feeding on the garbage. Authorities con-
to clear the garbage at the earliest.

hind SEL laundry



is K.R. Circle behind SEL laundry is being
c to answer nature's call which has resulted
nating from this stretch of road and busi-
to do business. Farooq, a businessman,
picture, has stated that though MCC get
n businessmen on this road, yet the road
as urged the MCC Commissioner to take
the earliest.

Medical aid to TN flood victims by JSS Medical College NSS unit



A group photo of the JSS Medical College NSS team which visited the flood-hit TN.

Mysuru, Dec.22- The NSS
Unit of JSS Medical College,
Mysuru, has lent a helping hand
to the victims of floods in Tamil
Nadu by providing medical aid
to them.

About 80 NSS volunteers of
JSSMC split in 17 teams col-

lected free samples from all
the hospitals and practitioners
in Mysuru city. Thirty boxes of
medicines thus collected were
segregated and sent to Tamil
Nadu along with a team of doc-
tors who conducted free medi-
cal camps in the flood affected
areas around Chennai, namely
Thiruvallur, Chinnamathur and
Pozhichalur. Around 700 people
were benefited from the camps
over three days, mainly in the
remote settlements. Footwear
were also provided to the chil-
dren in the affected areas.

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Special annual camp at Bandipur by NSS unit of JSS Medical College

Mysuru, Oct. 2- Annual special camp of NSS unit of JSS Medical College for 2015-16 was organised at Bandipur National Tiger Reserve Forest of Gundlupet taluk, Chamara Nagar district, for the benefit of tribals residing in and around tiger reserve forest.

Camp was conducted for seven days (Sept. 20 to 26) under the joint collaboration of NSS unit of JSS Medical College, Forest Department of National Tiger Reserve Bandipur and Sri Sai Pragathi Foundation.

The camp was inaugurated on Sept. 20 by Maradimani, Assistant Conservator of Forest of Bandipur Tiger Reserve, which was also attended by Dr. H. Basavanagowdappa, Dean - Faculty of Medicine JSS University, Dr. B.M. Balakrishna, Principal - JSS Medical College, Mysuru, Naveen Kumar, Wildlife Warden of Chamara Nagar District, Dr. D. Sunilkumar, NSS Program Officer, Dr. Siddalingappa Hugar, Asst. Program Officer - JSS Medical College and Doddalaiah and Ralfhanna from Sri Sai Pragathi Foundation.

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NSS volunteers contributed and gifted cricket set, volleyball, throw ball, chess set, linnicot rings, skipping ropes, educational charts and slippers to the tribal school children. They also gifted wall clocks to the cottages of Bandipur Tiger Reserve as symbol of their cherished memories.

Lions Clubs of Mysore - In Mini-Science E

Mysuru, Oct. 2- Lions Club of Mysore, Indiranagar, under the aegis of Trident Skills and Learning Solutions, Mysuru, had organised Mini-Science Exhibition for Pourakarmika Children's Government School at Kudremala on Sept. 28.

This exhibition was made beneficial to students in learning science with the help of simple science working models. Students were seen excited, to see science models and learn practically.

Speaking after inaugurating the expo, Leo Club Director and Senior Lion Nagaraj Bairy said that this kind of unique programmes should be conducted for rural government schools for

Selection of kitchen terrace garden be

Mysuru, Oct. 2- The Horticulture Department has invited applications for selection of 294 kitchen garden and 294 terrace garden beneficiaries from the city, for distribution of vegetable kits and implements. The house owners of the city, who are interested in developing kitchen

Wins gold in Nati

Mysuru, Oct. 2- V. Ambika of Sree Cauvery Educational Institutions won gold medal in South Zone National Athletics Championship held at Kakinada in Andhra Pradesh recently.

The Management and staff of the Institution have congratulated Ambika on her three consecutive triumph.

Vijaya Vittala excel in Citi



The prize winners are seen with other staff

Mysuru, Oct. 2- The following students of Vijaya Vittala Composite PU College, Saraswathipuram, excelled in various events of "Citizen's Fest," the district-level Intercollegiate competitions organised by Citizens' College of Nanjangud recently.

Nischitha N. Gowda and team won first prize in Girls Throwball.



NSS volunteers staging street play

NSS Special Camping activity, detailed narrative report

JSS Dental College and Hospital

DAY 1- 14.03.2016 - MONDAY

With the blessings of his Holiness Jagadguru Sri Sri Shivarathri Deshikendra Mahaswamagalu, NSS camp commenced on 14-3-2016. On the inaugural day we reached Hoskote village by 10.30 a.m. The accommodation which was provided by the villagers for the purpose of accommodation was cleaned by NSS volunteers. Individual responsibilities were given to each volunteer for seven days regarding special camping activities.

The inaugural function started at 3.00pm in the government school premises. Sri.G.T. Devegowda, MLA, Elawala, Mysuru, inaugurated the special camp by hoisting the NSS flag and lighting the lamp and addressed the NSS volunteers stressing the importance of NSS in rural development. Sri. Nagaraju, APMC Member, Mysuru, was present as the chief guest, who emphasized on the unique blend of volunteers, coming from various corners of the nation and the requirement for the upliftment of general health awareness in rural areas and also shared a few words about the importance of cleanliness among school students and also about youth empowerment. He wished all the NSS volunteers a successful and prosperous camp. Dr. Anil Kumar Gujjari, Principal of JSS Dental College & Hospital, was also present at the function..

Dr. Ravi M.B., NSS programme officer, welcomed the guests and highlighted the proposed programs of the camp. The Chief of the village was present at the inaugural function. Sri Harish. G.D, addressed the gathering and added that the villagers were very happy to receive the NSS volunteers and the whole village would support them in the various activities in the upcoming 7 days programme. The programme was concluded with dinner at 9:00pm.

A meeting was held at 10:00pm regarding the daily activity of the camp and also proposed activities for the next day.

Day 2 - 15.03.2016 - TUESDAY

The Camp activities commenced at 6:00 am. The volunteers were asked to take daily activities after 6:45. The daily routine started with flag hoisting, followed by the NSS prayer and exercise. The breakfast was served at 8:30 am. The day was scheduled for '*Pediatric and Pedodontic camp*' which was lead by the experienced doctors of JSS Medical Hospital and Pedodontists of JSS Dental College and Hospital.

About 250 children, including the students from the Government school and few other children from hoskote and Gungral chatra village were treated for general and oral health problems. A total of 20 extractions and 126 pit and fissure sealants were done. Scaling was done for 22 children. The children aged between 4 years to 15 years were diagnosed and treated accordingly. Around 800 medicaments were distributed to the children throughout the day. All children were educated on how to take care of their oral hygiene and brushing technique demonstrations were given, after which there was a guest lecture by Dr. Ravi. M.B, Reader, JSS Dental college, on the topic –‘ importance of oral hygiene maintenance’. He spoke about how important it is to take care of the dental health in order to maintain the general well being of the body. He highlighted more about the various diseases that could be caused if the oral hygiene

is not maintained properly. Several villagers and staff of JSS Dental College also attended the camp and made the programme a great success.

The lecture programme concluded by 4.00 pm. The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

Day 3 - 16.03.2016 - WEDNESDAY

The third day commenced at 6.00 am. The daily routine was started with flag hoisting, followed by the NSS prayer and exercise. The breakfast was served at 8:30 am.

The day was scheduled for an ophthalmology camp. It was led by the dedicated team of ophthalmology department of JSS Medical Hospital, Mysuru. Free eye checkup was done for about 100 people. The problems were diagnosed and the required treatment plan was given. 12 patients with cataract problems were taken to JSS Hospital and treated free of cost.

This was followed by lecture on '*Youth of India*' by Professor Ravi, Principal of Talent PU College, Hunsur. He spoke about the strength of youth, and their capability in bringing India forward. It was a thought provoking speech that inculcated positive interest among children. The speech was concluded at 5.30 pm. The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

DAY 4- 17.03.2016 - THURSDAY

On the fourth day, the volunteers began their daily routine at 6.30 am with the flag hoisting followed by light exercise and then breakfast.

The day was scheduled for a dental check up by the renounced dentists of JSS Dental College and Hospital. Around 75 people were diagnosed and treated accordingly.

The dental check up camp went on until 2.00 pm after which the lunch was served to all the volunteers and guests.

The day was followed by a guest lecture on 'life skills- and HIV/AIDS' , by Smt. K.N. Kalpana, biology lecturer, Govt. PU College, Mandya. She imparted knowledge to the high school and PUC students. She spoke about how one's attitude towards life should be, how one should retain the values and proceed in the correct path and lead a righteous life and also highlighted about the path to be followed in reaching goals in life. She related all these lifestyles to awareness and Knowledge on HIV-AIDS.

This was followed by various competitions organized for the school children. It included drawing, coloring, and debate, pick & speak and quiz competitions. The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

DAY 5 - 18.03.16- FRIDAY

On the fifth day, the same routine was followed in the morning, amidst the hot weather. The volunteers were up by 5:30 am, finished their daily routine of flag hoisting and NSS prayer.

After the breakfast, at 8.30 am, the volunteers were involved in the morning session of the camp. This day was scheduled for Dental health check up by the renowned doctors of JSS Dental College. The camp started at 9.30 am and many people were benefitted from the health check up programme. Around 70 people were benefitted, as most of them were given free treatment. Around 15 Extractions, 20 Fillings and around 30 scalings were done. Also, screening for complete dentures were done and the patients were taken to JSS Dental Hospital and given the dentures at the least discounted cost.

The programme concluded by 2.00 pm. The volunteers had their lunch and relaxed until 3.00 pm. It was then followed by a guest lecture, by Professor C.G. Saraswathi, retired Professor of Food and nutrition, Mysuru University. She gave a lecture on '*Food and nutrition*'. She spoke about the importance of following a proper balanced diet. She also highlighted the importance of fruits and vegetables to help maintain a balanced diet and about the blood related disorders. Also, a survey was done in order to know the general body mass index of the children. The children with very low body mass index were told how they can improve their height and weight. Several villages and staff of JSS Dental College also attended the camp and made the programme a great success. In the evening, the volunteers were engaged in sports activities like cricket and volleyball with the youth of the village until they were completely exhausted at 8.00 pm.

The dinner was served at 9.00 pm and the daily report was prepared and submitted. A meeting was held at 10.00 pm regarding the Dental camp organized that day, and also discussed about the next day's proposed activities.

DAY 6- 19.03.2016-SATURDAY

The sixth day was the last day for conducting the camp. The day commenced as usual with the hoisting of the flag and singing of the NSS prayer after which the breakfast was served at 8.00 am to all the volunteers. In the morning session of this day, a cardiac camp was organized where check-up and treatment was done. About 150 patients were diagnosed and given the treatment.

It was lead by the eminent doctors of JSS medical hospital. On this day, around 120 echocardiograms were done and blood pressures of all the patients were checked. The patients were distributed with drugs including calcium, multi vitamins, analgesics, antipyretics and antacids tablets in the cam, accordingly. The programme went up to 4:00 pm.

The programme was a great success. The busy day concluded and the NSS volunteers had dinner at 9 pm. The daily report was submitted and a meeting was held at 10 pm regarding the daily activity of the camp and the preparation to be done for the next day's proposed activities.

In the evening a 'street play' was performed, which mainly portrayed the importance of general health & hygiene and the importance of consulting doctors in case of health issues. It was a huge success. The volunteers had dinner by 9.00 pm, after the street play. The daily meeting was held at 10.00 pm where the events that took place that day were discussed and also about the valedictory function for the next day.

DAY 7- 20.03.2016- SUNDAY

This was the final day of the educative and informative NSS special camp. The day as usual started at 5.30 am which was followed by the daily routine. The NSS flag was hoisted. The NSS prayer was sung by the NSS volunteers, which was followed by the exercise and a light breakfast at 8.00 am.

Everyone started preparing for the valedictory function, which was scheduled to start at 10.00 am. The chief guests for the day were Sri. Harish. G. D. The other guests present for the valedictory function included Sri. Anilkumar Gujjari, Principal, JSS Dental college and Hospital, Mysuru, and Sri. Veerabhadraswamy, Superintendent, JSSDCH, Mysuru. The programme began with an invocation song by the school children. Dr Ravi M.B., NSS programme officer, welcomed the Chief guests and the 6 days camp report was read.

The chief guest, Sri. Harish G. D, addressed the gathering and said, the NSS special camp was an excellent opportunity for the students to learn and understand human values. Dr. Anilkumar Gujjari thanked one and all for their co-operation in organizing the camp. The Principal, Vice principals and a few members who were present at the function were briefed about the events that took place in the camp which included various cultural activities, distribution of Medicines and street plays were done to educate the villager about oral health and general health. It was then followed by the prize distribution to the school children who excelled in various competitions that were conducted throughout the camp. The programme concluded with the National Anthem.

We concluded the NSS special camp and commenced our journey back home. We started from Hosakote at 2.00 pm and reached Mysuru by 2.45 pm. All volunteers reached home safely.

The NSS Volunteers shared their feelings of togetherness that they had experienced throughout the camp. They were happy that they were the part of this programme and this experience would change their outlook on life.

Photos













NSS Special Camping activity, detailed narrative report

JSS College of Pharmacy, Mysuru

Report Day 1

Today, Monday 21/03/2016, the most awaited NSS Special Camp was started with the theme of **“Youth for Rural Reconstruction”**. Around 60 NSS volunteers of our college were eagerly waiting to depart to the camp site boarded the bus at 12.15 pm along with NSS Camp Officer, **Dr. Umesh M**, and Assistant Camp Officer **Mr. Jaidev Kumar B R** and **Dr. Mruthunjaya K** camp co-ordinator. Everyone dropped their luggages at the Gram Panchayath building where the accommodation was arranged for all the NSS volunteers. Inauguration of the NSS Annual Special Camp 2015-16 was scheduled at 5.30PM at Benakanahalli Village of T. Narashipura Taluk, Mysuru District.

NSS Special Camp 2015-16 Programme started with the invocation song NSS Song sung by **Mr. Sachin JM and group**. The program was presided by our beloved principal **Dr. G. Parthasarathi** Principal, J.S.S. College of pharmacy, Mysuru.

Mr. Vinay Kumar K.M welcomed the dignitaries and guests on the Diaz. NSS Special Annual Camp-2016 was inaugurated by Sri Mahadevaswamy of Pattadha mata, Benakanahalli. **Dr. P. K. Kulkarni** Vice Principal of JSS College of pharmacy, Mysuru, **Dr. K.L Krishna** Assistant Professor and NSS Programme Coordinator, J.S.S. University, J.S.S. College of Pharmacy, Mysuru. **Dr. Anand Kumar Tengli** Assistant Professor JSS College of Pharmacy Mysuru, **Mr. Jagadish**, President Benakanahalli Gram Panchayath, Gowdru **Mr. Rajshekar Murthy BJ**, **Mr. Siddaraju B P** Member Benakanahalli gram Panchayath, **Manjula Shivakumar** Member Benakanahalli gram Panchayath, **Mrs. Sheela Swamy** member Benakanahalli Gram Panchayath, **Mr. Sunil** member Benakanahalli gram Panchayath and other Member of the village and other guests of Benakanahalli and other dignitaries on the Diaz inaugurated the camp by lighting the lamp.

Dr. G Parthasarathi addressed the villagers, asking the villagers to participate actively in large numbers in all the programs scheduled to be conducted from 21-03-2016 to 27-03-2016 and make best use of the camp. He also encouraged the volunteers to utilize this opportunity to help all the villagers, to have a clear exposure to the life in a village and to gather knowledge on how to serve the poor and needy people of the village.

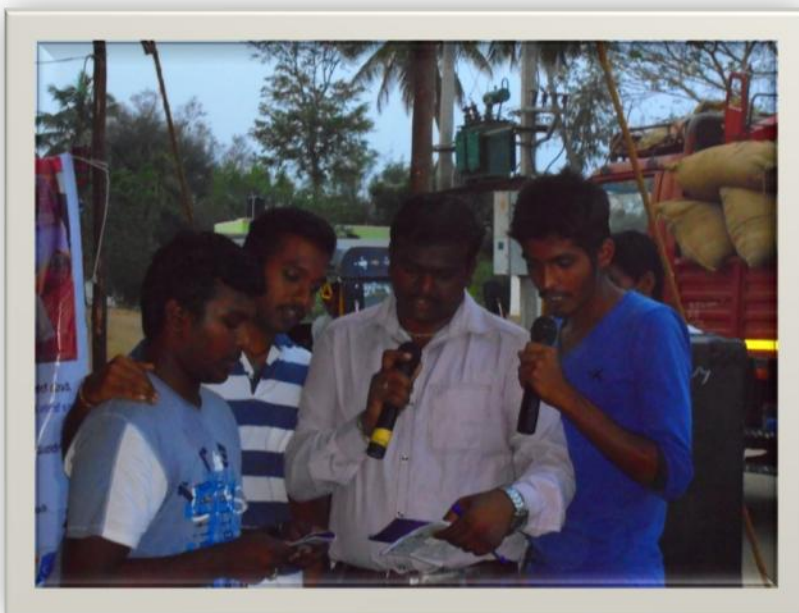
Vote of thanks was proposed by **Mr. Vinay Kumar KM**, he memorized the support and encouragement in organizing the said camp. He thanked all the dignitaries and guests for their esteemed presence.

After the inauguration function, everyone moved towards the Gram Panchayath building and had dinner at 9:30 PM followed by meeting with the NSS officers in order to discuss about next day's programs, Grouping of all the NSS Volunteers, Assigning each group of volunteers to carry out various activities assigned to the individual group and Volunteers then wrote the NSS dairy before going to bed.

PHOTOS



NSS Inauguration ceremony by Sri Sri Mahadevaswamy and Dignitaries



NSS Group song by Sachin JM and group



Speech by Dr. Parthasarathi, Principal of JSS College of Pharmacy, Mysuru about NSS and its activities

Report Day 2

On Tuesday, 22/03/2016, all the volunteers woke up at 6 am and attended the NSS Flag Hoisting programme organized by group 2. Exercises were performed for 30 min followed by the flag hoisting by Camp officer **Dr. Umesh M** and Asst. Camp Officer **Mr. Jaidev Kumar B R**. After taking bath, all the volunteers had the breakfast arranged by group I and everyone went to the camp venue at Benakanahalli for the morning session organized by group 4 .Morning session started with the shramadhana carried out by all the NSS Volunteers in and around the Venue ,the stage and followed by the roads of Benakanahalli village. After the shramadhana all the volunteers moved to the Gram Panchayath building where the accommodation was arranged and we had a very good lunch organized by group 1*. All the NSS volunteers came back to Gram Panchayath building and took rest for 2 hours and after having tea all the volunteers went back to the venue .Morning Session program was scheduled as Ayurvedic free medical checkup camp due to some inevitable reasons the program did not happen.

At 12pm all the NSS Volunteers attended a programme organized by the Gram Panchayath office of the Benakanahalli village with the message of World Water's Day 2016 "Save Water and Stop Wasting of Underground water" and all the NSS Volunteers carried out a rally along with the villagers by holding of banners and placards with the slogans of "Save Water and Stop Wasting of Underground water " . At 01:00 pm all the NSS Volunteers came back to the venue and had lunch then from 02:00 pm to 05:00pm we took rest and got ready for the evening programme and the programme was started around 05:00pm.The programme started by welcoming the guest of the evening program by **Mr. Vinay Kumar KM** and the invocation song sung by **Mr. Raghotham and group** and we had lecturing about Black magic(Pavada bayalu) by **Sri. Bhavani Shankar** and we had another lecturing about personality development by **Mr. Lancy D Souza**. **Mr. B M Mahadevaswamy** President Milk production society Benakanahalli, **Mr. B C Basavaraj** Vice president Milk production society Benakanahalli were present on the dais and the programme was ended by giving vote of thanks to the dignitaries and vote of thanks was given by **Mr. Vinaykumar KM** and then we all the NSS Volunteers again went near the dining hall to have dinner and discussed about the next day's programme and wrote the dairy and went back to sleep.

PHOTOS



World Water's Day 2016 celebration by organizing and conducting a Rally and creating awareness among the Benakanahalli villagers



Shramadhana by NSS volunteers



PAVADA BAYALU (Black magic) program by Mr. Bhavani Shankar

Report Day 3

On **Wednesday, 23/03/2016**, the day began with the flag hoisting by the villager **B.M.Mahadevasawamy** and it was organized by group 3 at morning 6:30am. After a couple of minutes of yoga and stretching exercises everyone went back to their rooms and got ready quickly and had a cup of tea at 7:30am and all the volunteers started towards to organize morning programmes.

Free Technical Service Camp and **Free dental check-up camp** was organized at Benakanahalli from 9:00 AM to 1:00 PM. All the NSS volunteers actively participated in both the camps.

Around 126 household appliances like Iron Box, Mixer grinder, ceiling fan, table fan and charging lights were repaired by the **Technical service team** of the JSS Women's Polytechnic College, serviced and repaired all the appliances.

Around 156 patients were diagnosed and treated for teeth problems like dental carries, tooth pain, tooth extraction and tooth filling treatments were done and all the patients were distributed with the free medications provided by the JSS Drug Centre, JSS Hospital, Mysore.

After finishing morning program all the NSS camp volunteers headed back to venue and had lunch organized by group 2* and took rest for some time and went back to organize the evening programme .The program started at 05:30 PM in the evening with the invocation song by Mr. Chandan and group and the welcome speech was given by **Mr.Vinay Kumar K M**. The evening program was on creating awareness and educating the village people about "AIDS and it's Prevention" by **Prof. Sathyanarayana** retired professor Basudeva Somani College and **Dr.S.S.Raje Urs** History Professor from Basudeva Somani College, Mysuru educating the Benakanahalli villagers about the NSS Song and he also explained the meaning of NSS Song and also sung 3 songs on NSS and Nation. He also motivated the students and the villagers to actively participate in the NSS Camp activities. There was a good crowd and the programme was a huge success. Benakanahalli invitees **Mr.B.G.Basvanna**, **Mr.Ajay Kumar** and **Mr.Manju** presided the event and Some of the faculty from our college, **Dr.Chandan**, **Dr. Prashanth**, **Dr. Anand Kumar Tengli** were special invitees for this function The program ended with the vote of thanks given by **Mr.Vinay Kumar K M**. The said faculty had a nice interaction with NSS volunteers and encouraged them to contribute to society as much as possible and they also complimented the volunteers for very systematic arrangement of camp and programmes. Teachers wished the volunteers all the best and also distributed sweets which they brought to the volunteers.

After the programme the volunteers came back got ready and had a delightful dinner arranged by group 2 and this became the most memorable day and all the NSS Volunteers sung and danced and enjoyed to the maximum and it was followed by the meeting where the present day progress and future programmes were discussed the volunteer dairy was written and all the volunteers went back to the bed.



Report Day 4

Day 4, Thursday 24/03/2016, all the volunteers were made to wake up at 6 am and attend the flag hoisting programme at 06:30 AM organized by group 5* and exercises were performed for 30 minutes. Followed by this, as usual everyone had breakfast after taking bath. Breakfast arrangement was made by group 3. After the breakfast at 8.30 am all the volunteers went to venue of the camp, i.e. Benakanahalli for the morning session organized by group 3* i.e. Medical Check-up camp organized by JSS Medical College and Hospital, Mysuru which included the specialities of General Medicine , Cardiology and paediatrics departments .

Medical checkup camp was conducted (from 9 am to 1 pm) by the expert Doctors of JSS Medical College and Hospital, JSS University, Mysuru. Medical checkup was done for around 220 villagers were carried out. The villagers showed very good response and all the villagers appreciated the NSS unit of JSS College of Pharmacy for organizing the Medical check-up camp and thanked the Doctors whole heartedly. Around 40 Villagers underwent ECHO testing and were diagnosed for cardiac diseases and were dispensed with free medications provided by the JSS Drug Centre, JSS Hospital, Mysuru

After the camp all the NSS Volunteers had a very good lunch organized by group 1* and took rest for 2 hours and after having tea at 4 PM. The program started at 05:30 PM in the evening with the invocation song by **Mr. Niranjana D V** and group and the welcome speech was given by **Mr. Srimanth Desai**. An awareness programme was organized by senior geologists department, Department of Mining and geology, Mysuru on “**Underground Water Conservation and safe Use of Water**” by **Mr.KVR Chowdry** Geophysicist and his team . **Mr.KVR Chowdry** educated the villagers on “**Conservation of Underground water and recharging of Bore Wells**” by playing some videos on methods of ground water conservation and recharging of bore wells. This evening programme was organized by group 4*. Volunteers mobilized a huge crowd and the programme was a grand success. Benakanahalli invitees **Mr.S.Shiva Murthy**, **Mr.Malik** and **Mr.Venkatarama** presided the event and some of the faculty from our college, **Dr.Vishal**

Kumar Gupta, Dr. V Balamuralidhara Gowda, Dr. M P Venkatesh were special invitees for this function .The program ended with the vote of thanks given by **Mr.Vinay Kumar K M**. The said faculty had a nice interaction with NSS volunteers with lots of happiness of success the volunteers returned to the venue for dinner arranged by group 3.After the dinner there was a meeting to review the day's programme and next day's programme was planned and wrote the dairy and went to sleep at 10:30 PM.



Free Medical check-up camp by JSS Medical College and Hospital, Mysuru.



Awareness program on “Underground Water Conservation and safe Use of Water”

Report- Day 5

On Friday, 25/03/2016, NSS volunteers day began at 06:30 AM and flag hoisting is organized by group 3* after a couple of minutes of yoga and stretching exercises, remaining volunteers got ready and had breakfast and tea and left to venue at Benakanahalli. Free Medical checkup camp were organized by the department of different specialties like Ophthalmology, Orthopedics and Dermatology from 09:00 AM to 01:00 PM. A small team of 07 Members with from JSS Medical College & Hospital, Mysuru had come for this camp. The Benakanahalli villagers who

had come were screened for cataract and other complications and those who had cataract were referred to Medical College & Hospital, Mysuru. Among 80 patients who were screened for ophthalmology and 12 patients who were screened for cataract surgery only 05 patients were willing to go for cataract surgery and were taken to Mysuru for free cataract surgery with free admission, operation with free accommodation for two days and will be brought back to Benakanahalli after two days in the ambulance of JSS Medical College and Hospital. All these free services are rendered by JSS Medical College and Hospital, Mysuru and all the villagers were very thankful for the Sri Shivarathreeshwara Swamiji and JSS Institution for rendering these free services. The Camp was a great success with a very good response from the villagers and around 72 patients with orthopedic problems were diagnosed and around 108 patients with dermatological problems also got free check-up and all these patients who were diagnosed with these ailments were treated with the free medications.

Then finishing up the camp responsibilities all the NSS Volunteers headed back to have lunch organized by group 4. After the lunch all the NSS volunteers had rest for some time and went back to organize the evening programme. The program started at 05:30 PM in the evening with the invocation song by **Mr. Vinay Kumar K M** and group and the welcome speech was given by **Mr. Guru Prasad**. The evening program was on “**Information and Public Relations Department**” of Government of Karnataka educated and created awareness among the farmers and villagers on different governmental schemes of the Karnataka government like **Anna Bhagya, Ksheera Bhagya, Arogya Bhagya etc.**, and educated all the farmers on various schemes of APMC and various benefits provided by the government to the farmers in selling their agricultural products by **Mr. Ramakrishna and Mr. Krishna by displaying various video tapes and clippings**. Benakanahalli invitees **Mr.B.J.Rajashekara Murthy Gowdru, Mr.Ramesh B G** presided the event and some of the faculty from our college, **Dr.M. Ramesh , Dr. G V Pujar, Dr.J Suresh, Mr.Venkatesh M S and Dr.Vishakante Gowda** were special invitees for this function .The program ended with the vote of thanks given by **Mr.Vinay Kumar K M**. The said faculty had a nice interaction with NSS volunteers with lots of happiness and success the volunteers returned to the venue for dinner arranged by group 4. After the dinner there was a meeting to review the day’s programme and next day’s programme was planned and wrote the dairy and went to sleep at 11:00 PM.

PHOTOS



Benakanahalli villagers were diagnosed and treated by Ophthalmologists, Orthopaedicians and Dermatologists of JSS Medical College and Hospital, Mysuru.



Mr. Krishna of “Information and Public Relations Department” of Government of Karnataka.

Report Day 6

On 6th day 26/03/2016, all the students woke up and attended the flag hoisting programme organized by group 4 and few exercises were performed for 30min followed by the flag hoisting by **Mr.Somanna** and Immediately after the Flag hoisting, a group of 15 volunteers went to the venue where, Veterinary camp is arranged to gather the villagers. The **veterinary check up camp** went up to 11:00AM. Veterinary camp had a very good response and around 240 animals

got benefited with this programme. A team of doctors specialized in veterinary sciences had come from the Dept. of Animal Husbandry and Veterinary Sciences, Horalahalli, of T. Narashipura Taluk, Mysore dist. About 220 cows, buffalos, goats, sheep, dogs, etc., were diagnosed and treated for various veterinary problems like pregnancy testing, vaccination etc., and were dispensed free medications and powders and syrup formulations which were brought by the veterinary doctors for Benakanahalli villagers and neighboring villages got benefited with free check-up. Medicines worth of Rs. 48,000/- thousand was given to cattle and other animals. The group of volunteers who organized this camp came back to the venue completed their daily routine and had breakfast and took rest.

Followed by this, there was shramadhana till 1:30 PM. All the students actively participated in the shramadhana and cleaned the premises of Benakanahalli village and in and around the gram Panchayath office and samudhaya Bhavan of Benakanahalli village.

In the evening, there was an awareness program and snake bite by team of Snake Raj, Nuggehalli, and Pandavapura taluk. The evening program began with the invocation song by Raghotham and group. **Mr. Snake Rangaswamy** and **Mr. Pramodh** of Snake conservation team members of Snake Raj educated the villagers by demonstrating various types of snakes like Cobra, Rattle snakes etc., and explained the villagers on what are the precautions to be taken when a snake bite poisoning happens and various types of snakes present in the Indian set up and the poisonous snakes present among them and what are the places of India where the snakes are present. Along with this program the Benakanahalli villagers were also told about the Poison Information Centre existing at JSS Medical College and Hospital, Mysuru along with various services provided by the Poison Information Centre like provision of Poison information to all the public through the Toll-Free-Number and provision of Protocols for treating various types of poisoning at JSS Medical College and Hospital, Mysuru and to other hospitals in Mysuru. The Benakanahalli villagers were distributed the pamphlets containing the information of First Aid Measures and treatments of various types of poisoning and the **Toll-Free-Number 1800-425-0207**. Followed by this there was some cultural programs like dances and songs sung by village kids. Followed by having delightful dinner in camp fire having lots of fun with dances. Though it was very late, it was very important to conduct meeting as next day was the last day. So in the meeting arrangements for valedictory functions were discussed and detail programme was chalked out. Volunteers then wrote their diary and went to bed.



Veterinary Check-up Camp





Demonstration of Snakes and educating the villagers



Felicitation of Snake Rangaswamy and his team

Report Day 7

On the last day, 27/03/2016 valedictory function was organized. As usual daily routines were completed, followed by NSS Flag Hoisting by NSS Volunteer Mr.Sumanth and the village children's and had breakfast. After the breakfast all the groups started their assignments of packing, cleaning venue preparation etc., The programme started with the NSS Song as invocation song. Invocation was by NSS Volunteers **Mr.Niranjan** and team. **Mr. Pradeep Kumar** welcomed the guests. NSS Volunteer **Mr.Vinay Kumar K M** presented the NSS

Camp report in front of the dignitaries on the Dias. **Sri Mahadevaswamy Pattadamata, Benakanahalli**, graced the occasion, **Mr. Puttarajappa S**, Administrative officer of our college, presided over the function **Mr. Jagadish B A**, President, Gram Panchayat, Benakanahalli, **Mr. Jayashankarappa** Maaji Chairman, **Mr. Shivakumar**, Member Gram Panchayath, of Benakanahalli were invited as Chief guests and were present on the Dias. **Dr. K. Mruthunjaya** proposed the valedictory speech. **Dr. Umesh M** NSS Program Coordinator and Lecturer, Dept. of Pharmacy Practice was the Camp Officer, was also present on the Dias. Apart from these dignitaries, Colleagues, Programme Co-ordinator of JSS University, were present in the function which made the function more colorful and cheerful.

Sri Mahadevaswamy, graced the valedictory function and gave the blessings to all the NSS Volunteers and was very happy with various programs which were conducted in the 07 days camp and also wished everyone and asked to conduct the camp once again in the Benakanahalli and to serve the villagers. **Mr. Puttarajappa S** appreciated all the activities which were organized and conducted by the NSS special camp held for 07 days at Benakanahalli village and congratulated all the volunteers for more actively involving and providing various services to the villagers. **Mr. Jayashankarappa** Maaji chairman of Benakanahalli village was very happy with all the programmes which were conducted and congratulated all the volunteers for completing the NSS special camp with great success. **Dr. Mruthunjaya** gave the valedictory speech explained the changes which have taken place form past 20 years in the NSS Special Camp and he also told that as JSS University is a health university the programs organized by our institutions are mainly the health check-up camps and Awareness programs on various diseases etc.,

Happiest thing of the day was the lunch arranged by **Sri Mahadevaswamy**, Pattadamata, Benakanahalli village for all the volunteers and the faculty of our college were invited. It was nice to note that such a festival lunch was offered to NSS volunteers. This was truly a festival like atmosphere.



Sri Sri Mahadevaswamiji addressing the NSS Volunteers and villagers at the Valedictory function



Gram Panchayath President of Benakanahalli village felicitated during the valedictory function



All the NSS Volunteers along with the guests after the Valedictory function

NSS Special Camping activity, detailed narrative report

JSS College of Pharmacy, Ooty

06-03-2016

With the blessings of His Holiness Jagadguru Sri Shivarathreeshwara Deshikendra Mahaswamigalu NSS camp for the academic year 2015-16 has begun on **07-03-2016**. On the inaugural day **07-03-2016** we left the college by 09.45 am and reached Anaikkatty village by 12.30 p.m. The Unit headed by Dr.R.Sureshkumar NSS Programme officer and other supporting staffs Mr.B.Babu, and. The Unit comprised of 26 boys and 24 girls.

At first all the volunteers cleaned the premises Anaikkatty primary school hostel which is also the part of NSS programme . By the time the lunch was ready, we had a fine lunch. Then the whole unit was divided into 02 units and a leader has been selected for each group. Individual groups were given individual responsibilities for the 07 days special camp.

The Inaugural Function has started at 4-30 pm in the School, where village people use to assemble for their evening activities. Forest Range officer of Singara Mr.Rajesh , School head master Mr. Marimuthu and village head Mr.Basavanna inaugurated the Special Camp by hoisting the NSS flag, Flag hosting was followed by the NSS Song by the volunteer . Group sung a NSS unity Song and given start to the inaugural function. Then Dr. R. Sureshkumar NSS Programme officer, welcomed the guests, He wished all the NSS volunteers a successful camp.

The Anaikkatty school head master in his speech stressed the importance of NSS in rural development. He said that students are having good opportunities to serve the people and society through NSS. Chief guest of the function Forest range officer stressed on the forest conservation and its importance. Village head wish NSS unit and promised to extend full support. NSS programme officer advised the NSS volunteers about the behavioral attitudes in the camping period. He also wished all the Volunteers successful camping activities. Other villagers were also spoken in the inaugural function in favoring NSS unit. They felt that it was an excellent opportunity for them to get use of the service of NSS for their village.

Dr.R.Sureshkumar NSS Programme officer has highlighted the programmes for the coming 07 days and he requested all the village people to co-operate with NSS unit in carrying out various activities scheduled.

Mr.B.Babu has given the vote of thanks. He sincerely thanked NSS unit, JSS University, JSS Mahavidyapeetha, Principal and staff JSS College of Pharmacy, NSS Programme officers and one & all whose has given such opportunities to the NSS volunteers.

At the end of the function, volunteers were given the diaries and badges in-group wise. Later at 9 pm dinner was served, the volunteers wrote the diaries and there was a discussion about the happenings of the day and tomorrow's activities, then volunteers went for sleep

07-03-2016

The day started at 5.30 am. The volunteers were asked to take daily activities .At 6.45 am the N.S.S. flag hoisting programme was conducted and the flag hoisting was done by the NSS Programme officer followed by prayer. After the flag hoisting the volunteers were asked to do light exercise from 7.15 am to 8.15 am, then at 8.30 am breakfast was served.

2nd days programme was at the Anaikatty primary school at 09:15 am. Volunteers got introduced to the staff members and necessary equipment's were given by the school. To start with volunteers cleaned the surrounding areas of the school which was too dirt and full of garbage in cooperation with school children and supporting village peoples. The work went on till 02 pm. Among the volunteers few of them involved in the cooking along with college cook Mr. Basavanna.

With this we have completed the morning session and asked all the volunteers to go for bath at river and assemble in the residing hall 02.30 for lunch. After lunch and it was time for NSS volunteers to take rest. At 05 pm after giving tea to the volunteers our evening programmes were started. Volunteers mingled with the village peoples which was an very good experience for them. By the time the dinner was ready and the day ended with sharing of their views during the whole day.

08-03-2016

The day started with flag hoisting and followed by NSS song. After the flag hoisting the volunteers were asked to do a brief exercise then breakfast was given to the volunteers. This day was scheduled for cleaning the water tank which is the main source for drinking water for the whole village. Three tanks, out of which two are too worst and not hygienic volunteers enthusiastically involved in cleaning with detergent and bleaching powder.

Volunteers also repaired the nonfunctioning motor pump in association with electrician of the village Panchayath. We also involved in the cleaning of the drainage and foot path for the water tank. The foot path was earlier damaged due to which the people were not able to go there and inspect , therefore the volunteers took up the work and completed . The work went on till 2pm, by the time volunteers who were involved in cooking made food ready. At 1.30 pm the lunch was served to the volunteers along with the village peoples who helped us. Volunteers were asked to go for bath and cleaning their cloths. Volunteers were asked to take rest till 05pm.

At 6pm student volunteers performed dance programme to entertain the village peoples. Few of the village people also performed their traditional dance this stimulated the volunteers to try the same dance to perform. The programme continued till 9pm. The dinner was given at 9.30 pm and after dinner we had a brief discussion on days performance and tomorrow's work plan. The volunteers were written their diaries and went to bed for long rest.

The works performed by the volunteers were highly appreciated by the village peoples and they were thankful too.

09-03-2016

On this day, after a sound sleep at night volunteers began their daily routine. At 6.45am we had flag hoisting followed by NSS Song. After the flag hoisting, as usual volunteers were performed some exercises and after this the volunteers were given breakfast. After breakfast the volunteer were ready for the day's work.

Volunteers were taken to interior of the village . The volunteers were involved in the cleaning of drainages, leveling of road, digging of water harvesting ponds near hand bore wells etc, which was supported by the villagers. The lunch was provided for them and it was time to take rest in

the school .After hard work the volunteers were allowed to interact with the village people for the healthy discussion on health and hygiene.

It was noticed that at school children's admitted very rarely come to the school since they were made to work in the land for plucking of flowers due to shortage of workers, which was a shocking news for all the volunteers then it was planned incidentally to meet the village peoples and discuss the matter to create awareness. In this regard volunteers went house by house made them to assemble at the Panchayat hall and briefed about the importance of education and laws of child labor, it was also noticed that one day for creating awareness is not sufficient but still volunteers could able to bring some change among the tribal peoples. This went on till 09:30pm then the volunteers came back to the school rest house for dinner and sleep. Before sleep we had a discussion with forest officer and village officials regarding the education. They expressed their concern that it requires some time to educate the people.

10-03-2016

As usual a new day with a new work in hand began at 5.30 am followed by daily routine. At 6.45 am flag hoisting was carried out by our programme officer,. Immediately after the flag hoisting we had NSS song by NSS volunteers and light exercise along with NSS officers to warm up for the day's activities. Then breakfast was served at 8 am to the volunteers.

Since the place we took for the camp was belongs to Forest department it was our duty to do for the department from our side hence we had healthy discussion with the Forest range officer Mr.Rajesh. Due to which we had a chance to plant tree cuttings in the school premises of Anaikatty. 250 tree cuttings were supplied by the forest department student volunteers eagerly and enthusiastically involved in carrying out this work. Water for the plantation and other facilities were given by the school teacher Mr.Marimuthu. This work went till 02:30pm then we had lunch.

As a part of the camp we were taken for a small trekking in the forest area to have the knowledge on importance of forest and animals. It was noticed that due to the deforestation by the people for unwanted things the animals especially elephants tries to come to the village area. Hence from the forest department digged the land to 2 to 3 feet around the village so that animals may not cross. Volunteers whole heartedly involved themselves to help the forest people for conservation.

11-03-2016

On this day as usual started at 5.30am, which was followed by daily routine. At 6.45am Mr.B.Babu Asst. NSS camp Officer hoisted the NSS flag followed by NSS Song. The light exercise programme was cut shorted for half an hour due to scheduled programme. Then at 8.00 am breakfast was served.

Volunteers engaged themselves in white washing the school classroom in association with village supporters

12-03-2016

As usual a new day with a new work in hand began at 5.30 am followed by daily routine. At 6.45 am flag hoisting was carried out by our programme officer. Immediately after the flag hoisting we had NSS song by NSS volunteers and light exercise along with NSS officers to warm up for the day's activities. Then breakfast was served at 8 am to the volunteers.

Volunteers were relaxed and got up late on this day. After the regular activities of flag hoisting and NSS song volunteers had breakfast at 10 pm.

On this day medical group from NAWA (Nilgiris Adivasi Welfare Association) which is an government organization which visit the village for health checkup. Student volunteers were made involve in the programme and helped the group in screening for blood sugar, Blood pressure and BMI.

The camp ended with a small valedictory function. Forest range officer and Head master of the school the guests. Dr.Vadivelan staff who joined the camp from the third day onwards thanked the school head master and village officials for supporting for stay and smooth conducting of the camp.

Volunteers shared their views about the NSS camp and all of them said that they really felt that they should do something to improve the life of villagers. And also they said that they felt some sort of togetherness and experienced the human values.

Action photographs of the Annual Special camp JSS CP Ooty







Thina Bhoomi - 14-03-2016
Page No. 3.

பல சந்தைகள் தருவாய் இறுதிப்போட்டியில் 3 நகரம் வழங்க உள்ளது.

ஆனைக்கட்டி ஆதிவாசி கிராமத்தில் விழிப்புணர்வு முகாம்



ஆனைக்கட்டி, மார்ச்சு 14-
எஸ்.பார்மசி கல்லூரி நாட்டு
நலப் பணித் திட்டம் கார்ப்பு
ஆனைக்கட்டி ஆதிவாசி கிராமத்தில்
விழிப்புணர்வு முகாம் மற்றும் மேம்பாட்டு
பணிகள் நடைபெற்றது. கல்
லூரி முதல்வர் டாக்டர் தன
பால் தலைமை தாங்கி

முகாமை தொடர்ந்த இவைத்
தாய் இதில் பேராசிரியர்கள்
கரேஷ்குமார். முனைவர்
இளங்கோ வடிவேலன் பாபு
உள்ளிட்டோர் கலந்து
கொண்டனர். கல்லூரி
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ராமத்தில் வீடு வீடாக
சென்று ஆதிவாசி மக்க
ளுக்கு பல்வேறு வகையான

விழிப்புணர்வுகளை அவர்க
ளுக்கு எளிதாக புரியும் வகை
யும் விளக்கினர். முகாமில்
கல்லூரி நாட்டு நலப் பணித்
திட்ட மாணவ மாணவிகள்
பலர் கலந்து கொண்டனர்.

கன தானம் செய்வீர்

Malai Thami Chagam. 13-03-2016
2nd page.

பெயர்ச்சான்றிதழ்கள் செயற்கையான இனங்கள் பணியாற்றுகின்றன.

நரசிம்மன், முதல்வர் அன்சர்ஜான், ஆசிரியர்கள் மற்றும்
பெற்றோர் கலந்து கொண்டனர்.



நலகிரி மாவட்டம் ஆனைக்கட்டி ஆதிவாசி கிராமத்தில்
ஜெ.எஸ்.எஸ்., பார்மசி கல்லூரியின் நாட்டு நலப் பணி
திட்டம் கார்ப்பு விழிப்புணர்வு முகாம் மற்றும் மேம்பாட்டுப்
பணிகள், கல்லூரி முதல்வர் எஸ்.பி.தனபால் துவக்கி
வைத்தார். இதில், பேராசிரியர்கள் கரேஷ்குமார்,
இளங்கோ, வடிவேலன், பாபு உள்ளிட்டோர் கலந்து
கொண்டனர். தொடர்ந்து, மாணவ மாணவியர் வீடுவீடாக
சென்று ஆதிவாசி மக்களுக்கு பல்வேறு வகையான
விழிப்புணர்வுகளை ஏற்படுத்தினர்.



நலகிரி மாவட்டம் ஆனைக்கட்டி ஆதிவாசி கிராமத்தில், ஜெ.எஸ்.எஸ்.பார்மசி
கல்லூரியின் நாட்டு நலப் பணித் திட்டம் கார்ப்பு, விழிப்புணர்வு முகாம் மற்றும்
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இளங்கோ, வடிவேலன், பாபு உள்ளிட்டோர் கலந்து கொண்டனர்.

Makkal Kural - 13-03-2016 3rd page