



**JSS University**

(Accredited 'A' Grade by NAAC)

# JSS Medical College

Sri Shivarathreeshwara Nagar, Mysore – 570015.



## NATIONAL SERVICE SCHEME (NSS) NEWSLETTER

December 2013

Volume 1 ▶ Issue 2

## **NATIONAL SERVICE SCHEME (NSS)**

The National Service Scheme owes its origin to the philosophy of Mahatma Gandhi, who believed that the first duty of the students was not to treat their period of study as an opportunity for intellectual luxury, but to prepare themselves for final dedication in the service of society. In the post-independence era, the University Grants Commission headed by Dr. S. Radhakrishnan recommended introduction of National Service Scheme in the academic institutions on a voluntary basis with a view to developing healthy contacts between the students and teachers on the one hand and establishing a constructive linkage between the campus and the community on the other.

**Motto:** The Motto of NSS "**Not Me But You**", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to 'other living beings. The philosophy of the NSS is well doctrined in this motto, which underlines/on the belief that the welfare .of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.

**Symbol:** The symbol for NSS is based on the giant Rath Wheel of the world famous Konark Sun Temple situated in Orissa, India. The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space, the symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change.

**Badge:** The NSS Symbol is embossed on the badge. The eight bars in the wheel represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind.

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### **Know Your NSS Programme Officer**



**Dr. Sunil Kumar D**  
Assistant Professor  
Dept. of Community Medicine  
JSS Medical College

**Current NSS Programme Officer**



**Dr Prashant Vishwanath**  
Associate Professor  
Dept. of Biochemistry  
JSS Medical College

**Former NSS Officer**

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#### **NSS Newsletter Editors:**

**Mr. Mohammed Saud**, VII Term MBBS Student

**Mr. Gaurang R**, VII Term, MBBS Student





**JSS Medical College**  
Sri Shivarathreeshwara Nagar, Mysore – 570015



**NATIONAL SERVICE SCHEME**



**NSS Unit No. 1**  
**JSS University**

## Foreword



It is indeed a pleasure to know that what started as a small beginning in February 2010 at Suttur with the inauguration of NSS unit has made an immense impact in a span of over three years. This newsletter encompasses a glimpse of all such events in the past six months conducted under the NSS guild at JSS Medical College. The NSS has been motivating students to participate in community service and inculcate in them a sense of social responsibility. These outreach and extension activities have benefitted the society in large.

The NSS has not only involved itself in the service of the community but has also undertaken awareness campaigns like Votathon asking the citizens to fulfil their right to vote & anti-tobacco campaigns on world no tobacco day.

I am confident that the National Service Scheme unit will play a long role in nurturing the NSS & institutional objectives among the students of our institution helping them become “*Better Doctors*”

**Dr. H BASAVANAGOWDAPPA**  
Professor of Medicine & Principal  
JSS Medical College  
Dean, Faculty of Medicine  
JSS University

*From the Editor's desk . . .*



The most remarkable quality of mankind is Service. Yet most of us lack it. Some say that in today's hectic life one seldom has time for service, while few other say there are a lack of opportunities to serve. Infact you will get a dozen of diverse excuses for this lack of service mindedness. But none of them is a tangible one. The actual reason is that once one fails to imbibe this noble quality in his younger days, he loses it forever. And it is here National Service Scheme (NSS) plays a monumental task in bringing out the attitude of selfless service in the younger generation still studying in colleges. It not only builds the individual's character, but also benefits his family, the community and the nation.

Since its inception at the JSS Medical College in the year 2011, the NSS Unit of JSS Medical College has come a long way. The student engagement in the NSS activities is prodigious. The volunteers participate in activities right from inception of the idea, to organising, managing and participating in them. What is interesting to see is that the medical undergraduates in-spite of studying one the most arduous course, somehow always make time and buzz with energy for activities across a wide spectrum including health camps, symposia, lectures, rallies, marathons, street plays, and much more. This time however, the star of the show was the orphanage visit. A first in the NSS unit of JSS Medical College, the experience was just incredible. I must thank Mr. Gaurang R who has been instrumental in organising this orphanage visit. I'm sure that from now on, we are going to see that on a regular basis in our schedule apart from the various other activities we do. The satisfaction derived from these various activities makes us wanting to do more.

We had the opportunity of organising and participating in a total of 12 activates in the last six months (July 2013 to December 2013). I hope you relish reading them as much as we relished carrying them out.

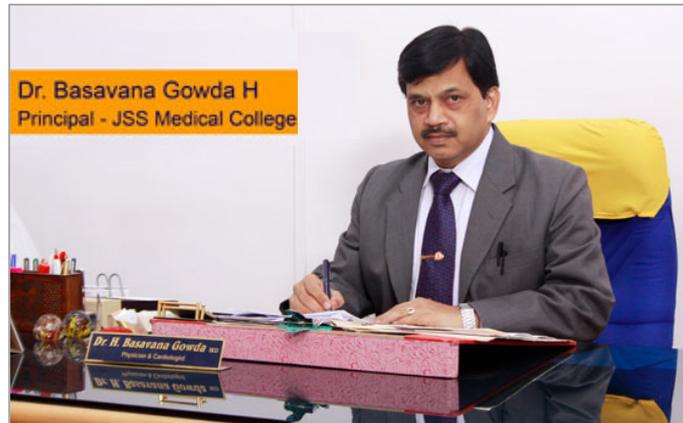
**Happy Reading!**

**MOHAMMED SAUD**  
VII Term, MBBS Student

## NSS Advisory Committee

The cardinal principle of the programme is that it is organized by the students themselves and both students and teachers through their combined participation in social service, get a sense of involvement in the tasks of national development.

### Chairman



### Member Secretary



**Dr. Sunil Kumar D**

Assistant Professor of Community Medicine  
NSS Programme Officer

### Faculty Representatives

#### **Development Department**



**Dr. Balaraj BM**

Vice Principal (Pre & Para)  
Professor of Forensic Medicine



**Dr. Prashant Vishwanath**

Associate Professor of Biochemistry

## **Social Service Background**



**Dr. Purushothama Shastry**  
Professor of Orthopedics



**Dr. Renuka M**  
HOD & Prof. of Community Medicine

## **Members**



**Mr. Satish Chandra SR**  
Administrative Officer



**Mr. Jayashankar M**  
Public Relation Officer

## **Student Representatives (UG)**



**Mr. Gaurang R**  
VII Term  
MBBS Student



**Mr. Mohammed Saud**  
VII Term  
MBBS Student



**Ms. Ankita Sattur**  
VII Term  
MBBS Student

## **Student Representatives (PG)**



**Dr. Srinivas N**  
PG in Community  
Medicine



**Dr Harshith GC**  
PG in Community  
Medicine

## **Assistant NSS Programme Officers**

(Pre & Para)

(Clinical)



**Dr. Hugara Siddalingappa**  
Lecturer in  
Community Medicine



**Dr. Shishira Ranade**  
Senior Resident  
in General Surgery

# The Start...

The National Service Scheme (NSS) unit of JSS Medical College, Mysore (A Constituent College of JSS University) was inaugurated on the 2<sup>nd</sup> of February at Suttur during the Suttur Jathra Mahotsava Celebrations, 2011 with a vision to provide service to the community.. Initially the government of Karnataka had sanctioned an intake of 50 students for the year 2010-11. This increased to an annual intake of 100 students for the year 2011-12. **Currently the NSS Unit has 42 Males and 59 Females as its strength.**



# Objectives...

The cardinal principle of the programme is that it is organized by the students themselves and both students and teachers through their combined participation in social service, get a sense of involvement in the tasks of national development

The main objectives of National Service Scheme (NSS) are:

- i. understand the community in which they work
- ii. understand themselves in relation to their community
- iii. identify the needs and problems of the community and involve them in problem-solving
- iv. develop among themselves a sense of social and civic responsibility
- v. utilise their knowledge in finding practical solutions to individual and community problems
- vi. develop competence required for group-living and sharing of responsibilities
- vii. gain skills in mobilising community participation
- viii. acquire leadership qualities and democratic attitudes
- ix. develop capacity to meet emergencies and natural disasters and
- x. practise national integration and social harmony

## *Journey thus far...*

Rabindranath Tagore said “*I dreamt that life was joy; I awoke and saw, life was service; I acted and behold, Service was Joy!*” Indeed that is what we at NSS believe in. We take pride in the various social activities we were involved in between the period **from July 2013 to December 2013** and they have been stated below.

### DOCTORS SILENT PROTEST RALLY

The NSS unit of JSS medical college in collaboration with the Indian Medical Association, Mysore took out an awareness march on the 21 of June 2013 which was organised to register protest against the rising cases of assault on the duty doctors and para medical staff by relatives of patients. The march saw the active participation of over 400 students of JSS Medical College



and Mysore Medical College and Research Institute. It was flagged off by the principal of JSS Medical College Dr. H. Basavanna Gowdappa from the J.K Grounds passing through the Narayana Shastry Road and D.Devraj Urs Road and finally reached the DC office where a memorandum addressed to CM Siddhramaiah, was presented to Deputy Commissioner Dr. Ramegowda.

Dr. Sharath Kumar, President of the IMA, Mysore branch addressed the gathering wherein he regretted the attitude of the people who blamed and assaulted the doctors in event of any failure of treatment. He opined that the public should be more supportive so that the doctors can serve fearlessly with the interest of the patients. The other dignitaries present were Dr Suresh Rudrappa, Vice President of IMA, Mysore, DHO Dr. S.M. Malegowda, Secretary of Karnataka Government Medical Officers Association Dr. Ravikumar and other doctors of repute. The rally saw active participation of the volunteers of NSS as well as medical and para medical students. It is indeed a shameful trend which seems to be on the rise off late. With this rally a strong message was sent out that such injustice on the medical community will not be tolerated and that the hands that care can also fight, if need be!

### WORLD BREASTFEEDING WEEK-2013

This year's World Breastfeeding Week (WBW) theme, 'BREASTFEEDING SUPPORT: CLOSE TO MOTHERS' highlights Breastfeeding Peer Counselling. Even when mothers are able to get off to a good start, all too often in the weeks or months after delivery there is a sharp decline in breastfeeding rates, and practices, particularly exclusive

breastfeeding. The period when mothers do not visit a healthcare facility is the time when a community support system for mothers is essential. As societies change, however, in particular with urbanization, support for mothers from a wider circle is needed, whether it is provided by trained health workers, lactation consultants, community leaders, or from friends who are also mothers, and/or from fathers/partners.

National Service Scheme (Unit of JSS Medical College) in collaboration with Department of Sociology and Department of Geography of the JSS Women's College Saraswathipuram, Mysore organized a symposium on "World Breastfeeding Week-2013" on 2<sup>nd</sup> august 2013. This year's theme is 'BREAST FEEDING SUPPORT: CLOSE TO MOTHERS' highlights Breastfeeding Peer Counselling. On this occasion Prof. Premakumari invited the guests of honour. The principal of JSS Women's college Prof. Padaki launched the hand-out which contains the information regarding the breast feeding practices and its importance. Dr Renuka M and Dr Rama HV delivered a lecture on Breast feeding practices and its importance in our Indian setup to the staff and students who participated in the symposium. Dr Sunil Kumar NSS officer coordinated the whole event. Dr Vidya J, Lecturer and other faculties were present. Prof. Shivakumar delivered the vote of thanks. NSS Volunteers of JSS Medical College were present.



### "SAVE THE DOCTOR" RALLY

Medical students from across the country under the aegis of Indian Medical Association (IMA) and Association of Healthcare Providers India (AHPI) started a nationwide movement 'Save the Doctor' to equalise Under Graduate (UG) and Post Graduate (PG) medical seats and to include rural posting to be part of PG curriculum. This mass movement is aimed at influencing



the policy makers and medical educational institutions in the country.

Over 300 medical students of Mysore city gathered on August 26<sup>th</sup> 2013 and conducted a walk to once again plead to the Union Health Ministry to equalize Under Graduation (UG) and Post-Graduation (PG) medical seats. Dressed in their regular lab coats along with a black ribbon, the students

walked from JK Grounds to Gandhi Square as a symbolic gesture to articulate the lack of specialist doctors in the country.

India lacks specialist doctors due to inadequate number of PG seats in medical institutions. Though the country has the largest number of medical institutions, the disparity in the number of seats allotted for PG and UG students along with the mandatory rural postings are affecting young doctors, as they end up spending 13 years merely studying. There are 47,600 UG seats which is likely to reach 50,000 shortly, whereas, there are only 12,000 PG seats in clinical disciplines. With a pass rate of 80% to 90%, nearly 40,000 doctors graduate every year and compete for the 12,000 clinical seats with their batch mates and over a lakh seniors.



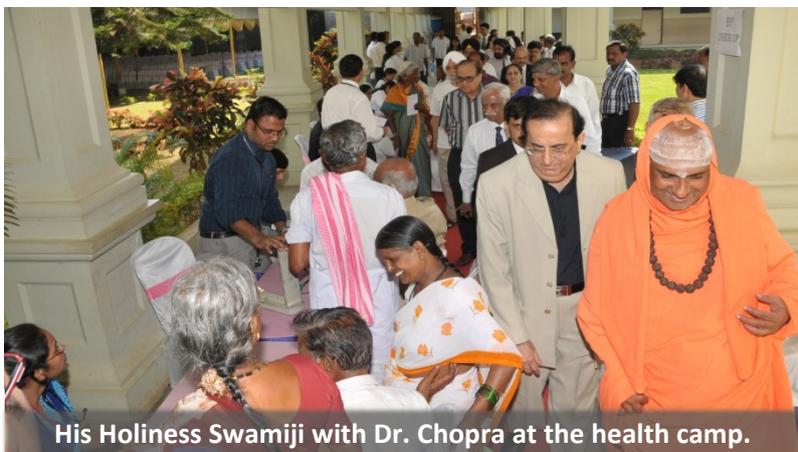
The March passing near Silver Jubilee Clock tower.

Mr. Venampalli Guruteja, Event Organiser, JSS Medical College said, "The gathering and the march taken out across the country is just a humble appeal to make our voices heard. We want the leaders to take action and save the future of medical students."

The rally was organised by JSS Medical College in collaboration with Mysore Medical College & Research Institute. Mr. Mohammed Saud, Vice President, JSSMC Student Council, Mr. Gaurang R, Secretary, JSSMC Student Council and Ms. Anusha Raj Kabbur, Academic Secretary, MMC&RI were present. More than 50 NSS Volunteers from NSS Unit of JSS Medical College participated in the march.

### HEALTH CAMP in World Congress on Clinical, Preventive Cardiology and Imaging- 2013

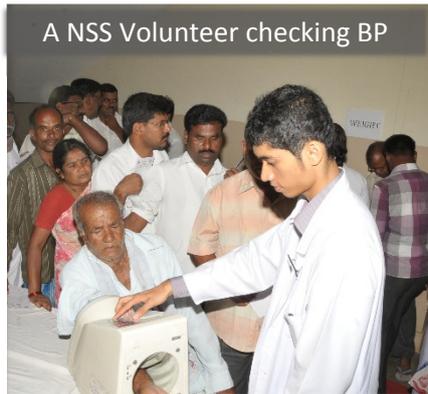
The right combination of Vidnyaana (Science) and Tatvadnyaana (Spirituality) is essential for a healthy life. The role of yoga, dhyana, sasyahara and satvik lifestyle is very



His Holiness Swamiji with Dr. Chopra at the health camp.

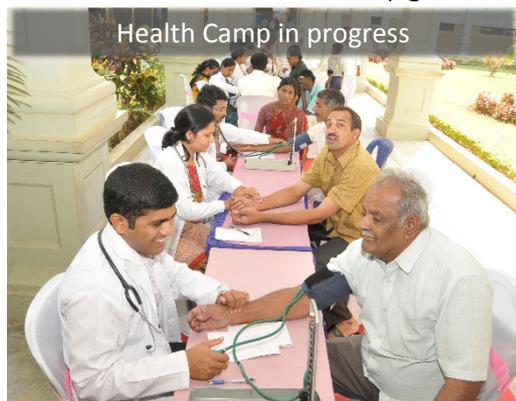
important in preventing premature deaths due to lifestyle disorders like hypertension and diabetes". These words spoken by His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, truly brings out the essence behind conducting World Congress on Clinical, Preventive

Cardiology and Imaging- 2013 at Shri Kshetra Suttur Math, Mysore from 2nd- 4th, Sept. 2013. This convention was a joint venture of JSS Medical College in association with World Heart



Academy (WHA) International Society of Cardiovascular Ultrasound, USA (ISCU), American Association of Cardiologists of Indian Origin, USA (AACIO), CSI Delhi Branch, Indian Academy of Echocardiography (IAE), J.S.S University, Defence Research and Development Organization, Govt. of India (DRDO), World Wellness Foundation, (WWF), ASSOCHAM and SCOPE.

The NSS wing of JSS Medical College was instrumental in conducting a health camp on this account. It was held at the Suttur School premises and was a half day camp. It was inaugurated by his holiness in the presence of organisers and delegates. The team of consulting doctors included physicians, cardiologists and haematologists from JSS Hospital. Camp was for the benefit of the people of Suttur and nearly 600 people availed the services offered free of cost. The services extended were CBG, general consultation,



ECG and ECHO which were all done free of cost. NSS volunteers played an important role in the conduct of the camp as they checked the height, weight and measured blood pressure. They also performed ECGs apart from guiding the patients and ensuring the smooth conduct of the camp.

The NSS members also attended the other events of the conference over the three days such as the seminars and workshops where they worked as volunteers. The three day conference was a huge success and helped both the care providers and public to understand the importance of healthy living to live a full, satisfied life.



### WORLD RABIES DAY-2013

Nearly all deaths from rabies are in Africa & Asia, and most of the people who die are children. Beyond the deaths, rabies also causes intense anxiety and entrenches poverty in the world's poorest communities. This year's theme is **"RABIES: UNDERSTAND IT TO DEFEAT IT"**.

National Services Scheme Unit of JSS Medical College, Mysore in collaboration with Department of Community Medicine observed World Rabies Day- 2013 at post graduate

department of Social Work, JSS College of arts, commerce and science, Ooty road, Mysore on 30<sup>th</sup> September 2013. On this occasion, Rabies Awareness Programme to Social Work students was organized. Dr. M P Somashekhar, HOD, Post graduate department of Social Work, welcomed the gathering and explained the relevance of rabies awareness to social work students.

Dr. N C Ashok, Professor and Head, Department of Community Medicine introduced the themes and objectives of world rabies day mentioning his professional experiences of



Group Photo

treating animal bite cases. Dr. Hugara Siddalingappa, Assistant professor of Community Medicine, deliberated on history and epidemiology of Rabies, he mentioned more than 50,000 human rabies deaths occur worldwide of which more than one third are from India. He described, animals transmitting, modes of transmission, signs and symptoms of Rabies. Dr. Praveen Kulkarni, Assistant professor of Community Medicine gave talk on post exposure prophylaxis following dog/animal bites. He detailed do's and dont's following dog/animal bites. There is no single shot vaccination against rabies and importance of taking five doses of anti-rabies vaccination and immunoglobulins.

Dr. Sunil Kumar D Assistant professor of Community Medicine and NSS officer described pre exposure prophylaxis for Rabies, its importance, who should take vaccination and vaccination among animals. A Rabies education documentary video film was shown. Mr. Nagendra, Medico-Social Worker, Department of Community Medicine, coordinated the event. Dr M R Narayana Murthy, Dr. Prakash B, Professors of Community Medicine Dr. Madhu B, Dr. Vidya G S, Dr. Srinivas B M, Assistant professors of Community Medicine, post graduate students, participated in the event. Dr Kavitha H S, MPH coordinator compared and a social work student gave vote of thanks. NSS Volunteers and more than 50 students of social work participated in the event.



Dr. D Sunil Kumar delivering his lecture



Dr M R Narayana Murthy, Dr. Prakash B, Professors of Community Medicine Dr. Madhu B, Dr. Vidya G S, Dr. Srinivas B M, Assistant professors of Community Medicine, post graduate students, participated in the event. Dr Kavitha H S, MPH coordinator compared and a social work student gave vote of thanks. NSS Volunteers and more than 50 students of social work participated in the event.

## 98<sup>TH</sup> JAYANTHI MAHOTSAVA



JSS Medical College celebrated the “98<sup>th</sup> Jayanthi Mahotsava of Paramapoojya Jagadguru Raajaguruthilaka Dr. Sri Shivarathri Rajendra Mahaswamiji” on 13.09.13 at 11.00 am in Sri Rajendra Auditorium, JSS Medical College, SS Nagar, Mysore. The program started with prayers to Dr. Sri Shivarathri Rajendra Mahaswamiji.

Registrar Dr Manjunatha B welcomed the guests of honour. The program was inaugurated by the president of Ramkrishna Sevashram, Pavgoda, Sri Swami Japanadji Maharaj and enlightened the audience by saying about the Swami Vivekananda thoughts and way of approach to the life. The chief guest Dr Saleem Police commissioner talked about jayanthi celebrations and his childhood memories. Dr B Suresh Vice chancellor of JSS University delivered a talk on moral values of the person in relation to the society. Dr C Somashekhar, IAS Officer remembered his childhood days and how Swamiji done a public service and in present time he praised that swamiji would become a best administrative officer.



The following programs including planting saplings, Blood donation, body and eyes donation registration was done and free medical examination camp was organized on the occasion. THE MOST important strategy to ensure a safe and adequate supply of blood and blood products is motivation, recruitment, selection and retention of voluntary, non-remunerated blood donors. With this objective a Blood Donation Camp was organized under the aegis of NSS Unit of JSS Medical College, Mysore. A Total of 38 volunteers from JSS Medical College donated blood on this occasion.

## WORLD HEART DAY 2013



Dr. H. Basavanagowdappa, Principal, JSS Medical College addressing the gathering.

World Heart Day was created in 2000 to inform people around the globe that heart disease and stroke are the world's leading cause of death, claiming 17.3 million lives each year and the numbers are rising. By 2030, it is expected

that 23 million people will die from CVDs annually – that is more than the population of Australia! World Heart Day takes place on 29 September each year: Together with its members, the World Heart Federation spreads the news that at least 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled. This year's theme addresses the importance of a life-course approach to the prevention and control of cardiovascular disease (CVD) with a focus on women and children. This campaign will highlight what actions can be taken through a person's life to reduce their risk of CVD. Today we have an opportunity to prevent the future impact of heart disease and stroke by adopting heart-healthy living from childhood throughout adulthood.

National activities such as public talks and screenings, walks and runs, concerts or sporting events are organized worldwide by members and partners of the World Heart Federation. National Services Scheme Unit of JSS Medical College, Mysore in collaboration with NSS units of JSS College of Pharmacy and Nursing observed World Heart Day- 2013 at the New JSS Hospital in Mysore. The rally had the active participation of over 400 students of JSS institutions. It was flagged off by the principal of JSS Medical College Dr. H. Basavana Gowdappa from the New JSS Hospital which proceeded through the Agrahara circle and Basveshwara circle through Ramanuja road with the NSS volunteers showing the play cards of importance of the Heart day and how to stay healthy with regular physical activities.

## NATIONAL EDUCATION DAY

National Education Day was observed on 11<sup>th</sup> November 2013 at JSS Medical College, Mysore on the occasion of Maulana Abul Kalam Azad's birth anniversary. Maulana Abul Kalam was a Freedom fighter, Scholar and Independent India's First Education Minister. To honour this great son of India, various activities were conducted on account of National Education Day at JSS Medical College.



A Guest Lecture was organised on the occasion in the afternoon. The programme was started by an invocation rendered by Ms. Supraja of VI Term. Following the invocation song. Mr. Mohammed Saud, VII Term medical student, welcomed the gathering and explained the essence of national education day.

The programme was inaugurated by Dr. B Suresh, Vice Chancellor, JSS University by lighting the lamp. In his inaugural address he, remembered Maulana Azad's contributions to the nation especially in uplifting the education sector through educational reforms. He also stressed upon the loopholes in the current educational system and measures to be taken towards development of both education and society.



Dr. B Suresh in his inaugural address



Prof. P Nagabhushan giving his Guest lecture



A section of the audience



Dr. H Basavanagowdappa delivering his Presidential address

Dr. P Nagabhushan, Professor, Dept. of Studies in Computer Science and Chief nodal officer – credit based choice based education at Manasa Gangotri, University of Mysore, the guest speaker gave an elaborate lecture on the theme “Science and Society”. He deliberated on the importance of scientific temperament for achieving the career goals and societal development. The speaker also gave examples on how habit of unbiased rational and scientific thinking should be nurtured in day to day life to help sound personality development and in turn to evolve a more matured and scientific society not rid with superstitions. He opened new avenues of scientific and rational thinking in the field of medicine and health which can be utilized for the development of the society.

Dr. H. Basavanagowdappa, Principal, JSS Medical College, in his Presidential remarks described the importance of three pillars in the development of society viz. Education, Science and Health and the role of medical colleges in achievement of these pillars.

Winners of essay competition on the theme “Science and Society” held for medical students on this occasion in the morning, were felicitated with prizes. First prize was bagged by Ms. Ipsita Konar of VII Term. Second prize was won by Mr. Mohammed Saud of VII Term. Ms. Aaathira G Das won the third prize.



Volunteers of NSS unit of JSS Medical College who were involved in the conduct of health camps and other outreach activities were recognized and rewarded on this occasion.

Dr. Kushalappa, Director (Academics), JSS University and Dr. Balaraj, Vice Principal, JSS Medical College were also present.

Prof. P Nagabhushan was felicitated on the occasion. The programme concluded with the Vote of thanks by Mr. Vinay D M, final year MBBS student. Ms Anisha Ganguly, III Term medical student, compeered the event. Faculty of various departments, post graduate students, medical students, NSS volunteers, all numbering 350 witnessed the event.

The event was organised by JSS Medical College Student Council in collaboration with NSS Unit of JSS Medical College.



## WORLD DIABETES DAY

It was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat that diabetes now poses. World Diabetes Day became an official United Nations Day in 2007 with the passage of United Nation Resolution 61/225. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public spotlight.

World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. While the themed campaigns last the whole year, the day itself is celebrated on November 14, to mark the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922. **Diabetes Education and Prevention** is the World Diabetes Day theme for the period 2009-2013.

National Service Scheme (Unit of JSS Medical College) in collaboration with Department of Community Medicine had observed World Diabetes Day at Suttur Village, Najangud Taluk on 13.11.2013. On this occasion, Diabetes awareness rally was held in the village. Dr H Basavanagowdappa, Principal JSS Medical College inaugurated the rally in which 150 school children, school teachers, medical students, post graduates and faculty of Community Medicine from JSS medical college had participated. The rally was



Diabetes Awareness Rally being flagged off



Diabetes Awareness Rally



Diabetes screening camp in progress



Checking Blood Sugar levels.

followed by health education session for villagers. Diabetes screening camp was also conducted; more than 200 people get the screening and check-up done. A role play was also done by JSS nursing students to create awareness of diabetes and how manage the complications.



### MEGAPINK - AWARENESS ABOUT BREAST CANCER AND WOMEN'S FITNESS

Megapink is an initiative by the Pinkathon to create awareness about Breast cancer and the importance of Women's fitness. Megapink was held on the 24th of Nov 2013, at 6.30am, simultaneously in 40 cities across India. NSS students of JSSMC played an active role in organising and participating in the Megapink event held in Mysore. Over 30 NSS volunteers braving the incessant rain, participated in the Megapink run for a champion cause of Breast cancer awareness and women's fitness here in Mysore, on Sunday.

The program was flagged off by Mrs Shylaja Ranganath, who herself is a brave survivor of breast cancer, at the North Gate of the Mysore Palace. The participants had to cover a distance of 3 kms starting from the North gate of the Mysore Palace running through Gandhi Square, Corporation

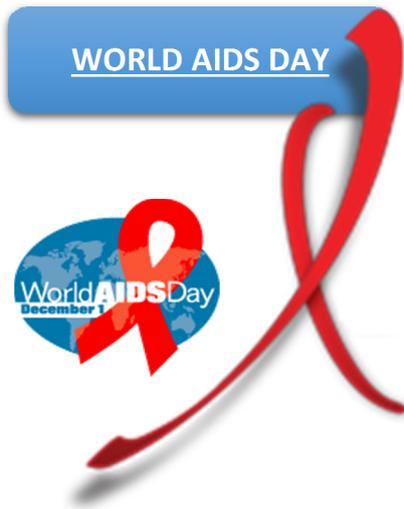


All smiles after a successful run!

office, Hardinge circle and back to the starting point which was one loop around the palace. Many of the NSS volunteers ran 2 loops covering a distance of 6 kms. The run stood for the slogan "Take the Test, Save the Breast" by creating awareness about the importance of early detection of Breast Cancer and its treatment. The event turned out to be a great success all over India.



A NSS Volunteer taking part



More than 2 million adolescents between 10 and 19 years old are living with HIV, and many do not receive the care and support that they need to stay in good health and prevent transmission. Millions more adolescents are also at risk of infection. From 2011-15 World AIDS Day has the theme: "Getting to zero: zero new HIV infections, Zero discrimination, Zero AIDS-related deaths". On the eve of World AIDS Day 2013, National Service Scheme (NSS) unit in collaboration with Department of Community Medicine of JSS Medical College, Mysore had organized a guest

lecture "priorities and provisions in the field of HIV" on December 7th. World AIDS Day is observed across the globe on 1st of December.

Dr. Ravindra deputy director, Blood safety Department, Government of Karnataka and Dr. Raghukumar District AIDS prevention and Control Officer were invited as guest speakers. Dr. Raghukumar addresses the gathering of Postgraduates on status of HIV infection in Mysore district and also the facilities provided to the HIV patients



from Government and NGOs. Dr. Ravindra enlightened on importance of voluntary blood donation camps and the referral of detected HIV infected persons to ICTC. Dr. Renuka, Head of the Department presided over the function, Dr. Praveen Kulkarni Coordinated the event. Dr. Hugara Siddalingappa gave vote of thanks.

# Mysore Dasara Exhibition outing with Ashadayaka Seva Trust



NSS Volunteers of JSS Medical College joined hands with the Project Reachout team and organized an outing to the orphans in Ashadayaka Seva Trust to Mysore Dasara Exhibition on 30<sup>th</sup> November 2013.

The Volunteers raised Rs. 8580 in just over two days and morphed it into balloons, cotton candies, mallige idlies, ice creams, joy rides, laughter, fun and love. The kids loved the volunteers, and the volunteers felt livened by the kids.



The “Ashadayaka Programme” was something beyond the precincts of success. It was something memorable, something that the Reachers would cherish always and be proud of. All in all, the 7.5 hours of field day is something which words cannot describe.



Picture Perfect!

## *The Future...*

With the zeal to carry on with various activities for social cause, the NSS Unit of JSS Medical College wants to reinforce its commitment for the betterment of the community in which we live and providing Health care services to the people who need it the most.



Our goals in the near future include:

**Village Adoption:** The NSS Unit has adopted the village Metikuppe at H D Kote Taluk. Adoption of the village will help in better understanding of the health problems of the villagers and a holistic approach to the health problems of villagers and residents of surrounding areas.

**Spread Awareness on Prevention of Non-Communicable Diseases** through Mass Campaigns like rallies, Street Walks, Marathon, Lectures, and Demonstrations etc. at the community level.

**NSS Orientation Programmes:** The fresh batches of MBBS Undergraduate students will be briefed about the motto and agenda of NSS and made aware of the problems faced by the community and motivate the students to join and serve the NSS with a selfless motive of service

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# Medical students take out protest rally

## Demand increase in PG seats and relaxation of rural posting norms

**MYSORE:** As a gesture to support 'save the doctor' campaign being held across the country, students pursuing medicine in various colleges took out a rally from J N Grounds to Gandhi square in the city.

The rally was taken out to urge the Union Health Ministry to equalize under graduation (UG) and post graduation (PG) medical seats across the country. In a release by the students they said that India lacked specialist doctors in the country due to inadequate number of PG seats. "The disparity in the number of seats allotted for PG and UG students along with mandatory rural posting is affecting young doctors," the release said.

The rally which was held under the aegis of Indian Medical Association and Association of Healthcare Providers, India, was aimed at influencing policy makers and medical educational institutions in the country to increase the number of PG seats.

Medical students and graduates are struggling to get a PG seat. In the last PG entrance examination held under National Eligibility cum Entrance Test, over 90,000 doctors appeared to claim one of the 12,000 PG seats. "Adding to this, the one year compulsory rural posting as a pre-requisite to apply for PG course



**SAVE THE DOCTOR:** Students pursuing medicine in various colleges in the city organised a walk to equalize under graduation and post graduation medical seats in Mysore on Monday. (DH Photo)

**CHANGE OF NAME**  
**BOHARATHI HARJEET BOHARATHI** (SAC, resident of # 30-A, Shastri Nagar, Sultanpet, Mysore - 570 015) has changed my name to **BOHARATHI SUNDER RAM** on my own free will and wish.

**CHANGE OF NAME**  
**SHARATH S.A.** (resident of # 12, Block No. 10, B.E.M.L. Layout, Srirangara 2nd Stage, Mysore - 570 023) has changed my name to **SHARATH SUNDER RAM** on my own free will and wish.

has worsened the situation. Increasing the number of PG seats will help in raising the number of specialist doctors in the country. If steps are not taken to increase the number of PG seats, there will be a dearth of specialist doctors and sur-

### ಮೈಸೂರು ಲೈನ್ ಮೇಲುಕೋಟೆಯ ಶ್ರೀ ಚಲುವರಾಯಸ್ವಾಮಿ ಆಭರಣಗಳ ಕಳ್ಳತನದ ಪ್ರಕರಣಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ ಭಾ

# ಸ್ವನ ಕ್ಯಾನ್ಸರ್ ಜಾಗೃತಿಗೆ 'ಮೆಗಾಪಿಂಕ್' ಓಟ

**ಮೈಸೂರು:** ಸ್ವನ ಕ್ಯಾನ್ಸರ್ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸಲು ಹಮ್ಮಿಕೊಂಡಿದ್ದ 'ಮೆಗಾಪಿಂಕ್' ಓಟ ಭಾನುವಾರ ನಗರದಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಿ ನಡೆಯಿತು.

ಮೈಸೂರು ಅಥ್ಲೆಟಿಕ್ ಕ್ಲಬ್ ನೇತೃತ್ವದಲ್ಲಿ ನಗರದ ಆರಮನೆ ಉತ್ತರದ್ವಾರದಿಂದ ಪ್ರಾರಂಭಗೊಂಡ ಓಟ ಚಿಕ್ಕಗಡಿಯಾರ, ಗಾಂಧೀಕೆರೆ ಮೂಲಕ ಸಾಗಿ ಆರಮನೆ ಸುತ್ತ ಓಂದು ಸುತ್ತ ಬಂದು ಕೋಟೆ ಅಂಜನೇಯ ಸ್ವಾಮಿ ದೇವಾಲಯದಲ್ಲಿ ಅಂತ್ಯಗೊಂಡಿತು. ಮೆಗಾಪಿಂಕ್ ಓಟಕ್ಕೆ ಬೆಂಗಳೂರಿನ ಶೈಲಜಾ ಚಾಲನ್ ನೀಡಿದರು. ಈ ಸಂದರ್ಭ ಸ್ವಲ್ಪನ ಪದಾಧಿಕಾರಿಗಳಾದ ವೆಂಕಟ, ಅಜೀಶ್, ಭರತ್, ತನೂಜ್, ಅಭಿಲಾಷ್ ಮತ್ತಿತರರು ಹಾಜರಿದ್ದರು.



ಸ್ವನ ಕ್ಯಾನ್ಸರ್ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸಲು ಮೈಸೂರಿನಲ್ಲಿ ಭಾನುವಾರ 'ಮೆಗಾಪಿಂಕ್' ಓಟ ನಡೆಯಿತು.

## World AIDS Day by NSS unit

Mysore, Dec. 11- As part of World AIDS Day-2013, National Service Scheme (NSS) unit in collaboration with Department of Community Medicine of JSS Medical College, Mysore, had organised a guest lecture "Priorities and provisions in the field of HIV" on Dec. 7.

Dr. Ravindra, Deputy Director, Blood Safety Department, Govt of Karnataka and Dr. Raghukumar, District AIDS Prevention and Control Officer, were invited as guest speakers.

Dr. Raghukumar spoke on status of HIV infection in Mysore district and also the facilities provided to HIV patients from Govt and NGOs.

Dr. Ravindra enlightened on the importance of voluntary blood donation camps and the referral of detected HIV infected persons to ICTC.

Dr. Renuka, Head of the Department, presided. Dr. Praveen Kulkarni coordinated the event. Dr. Hugar Siddalingappa proposed a vote of thanks.

## Hand-book on breast-feeding practices released at JSS College



Prof. N.P. Padaki, Principal, JSS Women's College, is seen releasing the handbook as others look on.

Mysore, Aug.5- The National Service Scheme (NSS) Unit of JSS Medical College, in collaboration with the Departments of

Sociology and Geography of JSS Women's College, Saraswathipuram, had organised a symposium on "World Breast-feeding Week-2013" recently. On the occasion, Prof. N.P. Padaki, Principal of JSS Women's College, released a handbook which contains information regarding breast-feeding practices.

Dr. M. Renuka and Dr. H.V. Rama delivered a lecture on breast-feeding practices and its importance. The staff and students participated in the symposium. Dr. Sunil Kumar, NSS Officer, co-ordinated the event.

Dr. Vidya Jeevan, Asst. Professor and Prof. Premakumari were present. Prof. Shivakumar proposed a vote of thanks.

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### NATL. EDUCATION DAY CELEBRATED AT JSS MEDICAL COLLEGE



**Caption: Dr. B. Suresh, VC, JSS University, is seen inaugurating the programme as (from left) Dr. Balara, Dr. H. Basavanagowdappa, Prof. P. Nagabhushan and Dr. P.A. Kushalappa look on.**

Mysore, Nov.16-National Education Day was celebrated on Nov. 11 at JSS Medical College, affiliated to JSS University, to mark Maulana Abul Kalam Azad's birth anniversary.

The programme was inaugurated by Dr. B. Suresh, Vice-Chancellor of JSS University, by lighting the lamp. In his inaugural address, he recalled the contributions of Azad to the nation especially in uplifting the education sector through bringing educational reforms.

Dr. P. Naagbhushan, Professor, Department of Studies in Computer Science and Chief Nodal Officer-credit based choice based education at Manasagangotri, gave a lecture on the theme "Science and Society."

Dr. H. Basavanagowdappa, Principal, JSS Medical College, presided.

Winners of essay competition on the theme "Science and Society" held for medical students on this occasion were distributed prizes. About 30 students took part in the essay competition. First prize was bagged by Ipsita Konar of VII Term. Second prize was won by Mohammed Saud of VII Term. Aashra G. Das won the third prize. Volunteers of NSS unit of JSS Medical College who were involved in the conduct of health camps and other outreach activities were also rewarded. Dr. P.A. Kushalappa, Director (Academics), JSS University, Dr. Balara, Vice-Principal, JSS Medical College, were present.

Mohammed Saud, VII Term medical student, welcomed. Supraja of VI Term rendered the invocation. Vinay, final year, MBBS student, proposed a vote of thanks. Anisha Ganguly compered the event. Faculty of various departments, post graduate students, medical students, NSS volunteers, all numbering 350 witnessed the event.



**JAGADGURU SRI SHIVARATHREESHWARA MEDICAL COLLEGE**  
(Constituent College JSS University established under section-3 of UGC Act)  
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