



JSS University

(Accredited 'A' Grade by NAAC)

JSS Medical College

Sri Shivarathreeshwara Nagar, Mysore – 570015.



NATIONAL SERVICE SCHEME (NSS) NEWSLETTER



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.

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

NSS Newsletter Editor:

Mr. Mohammed Saud, Final Year MBBS Student





ರೋಗಿಗಳೇ ನಮ್ಮ ಬಂಧುಗಳು

Patients are Our Dearest

H H Jagadguru
Dr. Sri Shivarathri Rajendra Mahaswamiji
Founder President

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. The 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 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 of the most arduous courses, somehow always make time and buzz with energy for activities across a wide spectrum including health camps, symposia, lectures, rallies, marathons, street plays, orphanage visits and much more.

The last six months saw the start of a new partnership with Raleigh in conducting 'Wellbeing days' for the benefit of the rural areas. The idea of these days is to empower the rural communities with knowledge by educating them on issues like nutrition, sanitation, hygiene, women health, etc. The other major event that needs a mention is the initiative to make JSS Medical College Campus as "Plastic Free Zone". The volunteers participated in making paper bags from old newspapers so as to inspire themselves and others to shun plastic bags. Also noteworthy is the participation in the Swachh Bharath Abhiyan by cleaning the Bannimantap Parade Grounds after Dasara celebrations.

We had the opportunity of organising and participating in a total of 7 activities in the last six months (July 2014 to December 2014). I hope you relish reading them as much as we relished carrying them out.

Happy Reading!

MOHAMMED SAUD
Chief Editor
Final Year 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.

Sl. No.	Member	Position
1.	Dr. H Basavanagowdappa Principal Professor of Medicine	Chairman
2.	Dr. Balaraj B.M Vice-Principal (Pre & Para) Professor of Forensic medicine	Faculty Representative <i>Development Department</i>
3.	Dr. Prashant Vishwanath Associate Professor of Biochemistry	Faculty Representative <i>Development Department</i>
4.	Dr. Purushothama Shastry Professor of Orthopedics	Faculty Representative <i>Social Service Background</i>
5.	Dr. Renuka M HOD & Professor of Community Medicine	Faculty Representative <i>Social Service Background</i>
6.	Mr. Satish Chandra SR Administrative Officer	Member
7.	Mr. Jayashankar M Public Relation Officer	Member
8.	Dr. Hugara Siddalingappa Lecturer in Community Medicine Assistant NSS Programme Officer	Member
9.	Mr. Mohammed Saud Final Year MBBS Student	Student Representative (UG)
10.	Mr. Gaurang R Final Year MBBS Student	Student Representative (UG)
11.	Mr. Arvrti Hari Teja VII term, MBBS Student	Student Representative (UG)
12.	Ms. Sivambika V term, MBBS Student	Student Representative (UG)
13.	Dr. Harshith GC PG in Community Medicine	Student Representative (PG)
14.	Dr. Srinivas N PG in Community Medicine	Student Representative (PG)
15.	Dr. Sunil Kumar D Assistant Professor of Community Medicine NSS Program Officer	Member Secretary



The Start...

The National Service Scheme (NSS) unit of JSS Medical College, Mysore (A Constituent College of JSS University) was inaugurated on the 2nd 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 2014 to December 2014** and they have been stated below.

WORLD BREASTFEEDING WEEK-2013

This year's World Breastfeeding Week (WBW) theme, “**BREASTFEEDING: A Winning Goal - For Life!**” In 1990 eight global goals, the Millennium Development Goals (MDGs), were set by governments and the United Nations to fight poverty and promote healthy and sustainable development in a comprehensive way by 2015. There are regular "countdowns" to gauge progress in achieving the goals. This year's WBW theme responds to the latest countdown by asserting the importance of increasing and sustaining the protection, promotion



and support of breastfeeding in the post 2015 agenda, and engaging as many groups, and people of various ages as possible.

For creating awareness among medicos regarding breast feeding practices and Breast

Feeding Week 2014, Quiz competition was conducted by National Service Scheme in collaboration with Department of Community Medicine, JSS Medical College, Mysore.

To begin with there were five teams each having four 7th term MBBS students. The quiz competition extended over a period of one hour. The first round was an elimination round wherein written test was conducted. One team was eliminated in this round and the remaining four were moved into further rounds. The second round was a visual round consisting of multiple choice questions.

In the third round one student from each team had to pick up the topics that were written in the chits and give verbal clues regarding the topic (without directly using the words in the chit) and the rest of the team members had to guess the topic within the specified time. Once the team members guessed the topic they were given time to think about it and discuss among themselves for 30 sec, after which another student from the same team had to come on the dais and speak about the topic. Teams were judged on the basis of their depth of knowledge, level of confidence, relevance to the topic, time keeping and overall performance. At the end of this

round two teams with least scores were eliminated. The final and the fourth round was a rapid fire round for the remaining two teams following which the winners and runners-up were announced.

Dr. Renuka M, Professor and head, Department of Community Medicine interacted with the students

and cleared their doubts regarding breast feeding practices. This was followed by prize distribution ceremony. Dr. Renuka M, Dr. Narayan Murthy and Dr. Sunil Kumar NSS Officer gave away the prizes for winners, runners-up and other participants respectively. The winners are Mr Vinay Ravikumar, Miss Shubhashree Nandy, Mr Uday Kumar R and Miss Chaithanya VM.

Overall the quiz was successful in achieving its objective of creating awareness, interest and increasing students thirst for further gaining knowledge regarding breast feeding and its practices.

98TH JAYANTHI MAHOTSAVA

On this auspicious day, the NSS unit of JSSMC took an initiative to conserve nature from our side by seeding saplings, along with this eye donation, blood donation, body donation camps and painting exhibition was held. This special occasion was inaugurated by Dr Sarvamangala Shankar, the honourable Vice-chancellor of Dr Gangubhai Hangal music and Performing Arts



University by planting the first sapling. The blood donation camp was inaugurated by his holiness Sri Sri Vidyaprasanna Theertha of Kukke Subramanya mutt by lighting lamp. All the gathered chief quest initiated the painting exhibition by showing their own painting skills.

The above programmes started around eleven o clock at Dr Rajendra Auditorium Hall of JSS

University in the presence of his holiness Sri Sri Vidya Prasanna Thertha Swamiji. Merit students were honoured, differentially abled individuals were given free rehabilitation aids and free school-uniforms were distributed to the students of JSS High School, S.S.Nagar, Mysore.



And the winner is...

Sri Jayanth Kaykini, one of the well-known names in Kannada film industry and the chief guest enlightened all the budding medicos with his humour filled speech by asking them to have empathy towards patients and not just seeing them as diseased. He also urged all the medical, engineering & all other graduated to read Kannada literature for the prosperity of our language and culture.



Nadoja Padmashree Prof K.S Nisar Ahmad spoke about the growth and achievements of Shree Matt and gave his respects to Shri Shri Shivarathri Rajendra Mahaswamiji. He also recited one of his own poems. Dr. Sarvamangala Shankar, the honourable vice-chancellor of Dr.Gangubhai Hangal Music and Performing Arts University presided over the function.

The presence of Dr H Basavanagowappa (Principal,JSSMC), Dr H G Shivakumar (Principal, JSS Ayurveda college), Prof Krishna Gowda, Dr..K.S. Shekar (President, Bangalore hospital) and Dr.Anil Gujjaria (Vice-principal, JSSDC) were also present on the occasion. On this same occasion Dr.K.S.Shekar inaugurated the m+ club.

In the afternoon, cultural events were performed by students and followed by “nage habba” by famous comedians Gangavathi Pranesh, Basavaraj Mahamani and Narasimha Joshi.

SWACCH BHARATH ABHIYAN

The NSS unit of JSS medical college has taken part in the ‘Swacch Bharat Abhiyan’ to fulfil Mahatma Gandhi’s vision of Clean India. Gandhiji had two dreams – Quit India, and Clean India, the people had helped to ensure that the first became a reality. However, the second dream – Clean India – still remained unfulfilled.





The team!

In this view the NSS unit has done the clean-up drive at Bannimantap Grounds in Mysore. After the Dasara Torch light parade at Bannimantap grounds it was with full of plastic plates and cups and covers all over the ground. Around 40 NSS volunteers had started the cleaning from 7.00am up to 10.00am by cleaning all the plastics and covers. More than 50 bags of wastes were collected from the ground. Even the local people who came for morning walk also helped in cleaning surprising the kids. With the cooperation of local people and ground authorities the whole event went well. The ground become beautiful at the end and received appreciation by the people. Dr Sunil Kumar, Dr Hugar, Dr Praveen, Dr Kavitha, Dr Srinivasa, Dr Prashant, Dr Akila and others from JSS medical college were present.



Squeaky clean!

WELLBEING DAYS

The third cycle of the Raleigh wellbeing days (WBD) took place this August. It was establish as a ‘cyclical village festival’ and empower the communities we work with knowledge to look after their own health allowing fewer sickness days by Raleigh India. JSS Medical College was approached by Raleigh to help run the camps as a partner. The days were well attended by over 1000 villagers that included a majority of children.



Completing the assault course!

There were 12 WBD events carried out in the 10 communities in which we work. Two teams successfully held two events, the others hosted one each. The venues included primary schools and the local primary health centre. It attracted people from far and wide.



Activities were similar to those that have succeeded in the past and themes included anaemia, malnutrition, heavy lifting and women's health to mention but a few. Structurally, the set-up of the stalls was registration, information/education and doctor consultations. The 'assault course' for children deserves a special mention. It was much enjoyed and incorporated elements that reinforced messages like hand washing and the importance of foot

wear. Other elements included tippy tap building and identifying nutritious food. Data collection was also done. The camp ran for approximately 4-5 hours, from 10am to 2-4 pm.

All the adults bar those in one village received basic screening (blood pressure, height, weight). Some received prescriptions from the doctors. Although this was not part of Raleigh's mandate (WBD are designed to be pill free), it does allow the patient to access medications without the need to see another healthcare professional, saving precious time.

WBD in Numbers

- Total number of villager's → 1012
- Most no. of visitors in any village → 165
- Oldest villager → 86 years old
- Youngest villager → 1 week old
- Most children at any event → 90



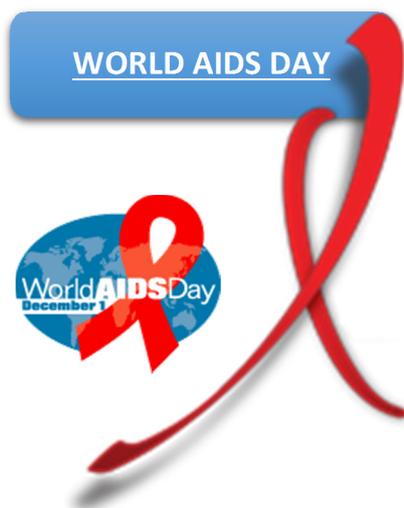
Also, Raleigh have been invited to participate in JSS health camps in the future.

WORLD RABIES DAY-2013

Department of Community Medicine in collaboration with NSS Unit of JSS Medical College observed World Rabies Day -2014 at Central School of Tibetan Settlement, Bylakuppe. On this occasion, an awareness programme for school children on *Rabies and its Prevention* was organized. Dr Renuka, Professor and Head, Department of Community Medicine welcomed the gathering and described the importance of Rabies as a disease and essence of observing World Rabies Day.



Dr. Hugara Siddalingappa delivered a talk on burden, modes of transmission and animals responsible for the spread of rabies. Dr Praveen Kulkarni explained the methods of first aid, importance of post exposure prophylaxis for rabies. A video film in English on rabies prevention was shown to the school children. This was followed by an interactive session where students asked their doubts in management of animal bites and rabies. A total of eighty school children, teachers and school authorities were present on the occasion. Mr. Sonam Phunstok, Monk from Sera Je Monastery of Tibetan settlement coordinated the event. Dr Sunil Kumar D, NSS Officer of JSSMC, Dr. Prakash, Dr. Srinivas, Dr Kavitha, Mr. Nagendra, post graduate students from the Department of Community Medicine participated in the event.



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".

World AIDS Day 2014, 1 December, is an opportunity to harness the power of social change to put people first and close the access gap. Ending the AIDS epidemic by 2030 is possible,



Street play on HIV Awareness

but only by closing the gap between people who have access to HIV prevention, treatment, care and support services and people who are being left behind, which means empowering and enabling all people, everywhere, to access the services they need. On this



HIV Awareness Rally

occasion, Dept. of Community Medicine and NSS unit of JSSMC observed World AIDS Day 2014 at Suttur Village. A rally consisting of 160 NSS volunteers and School children was organised, which went through the village to create the awareness among the people about AIDS and its consequences. After the rally, a street play was enacted by MD & MPH post



Health education session for high school children

graduate students, with respect HIV affected mother feeding her baby, young adult who was drug addict contracting HIV and services offered by VCTC (Voluntary counselling and testing centre). People gathered there asked doubts regarding the HIV and its spread. This was followed by a health education session for high school children regarding AIDS and its transmission and how to prevent it.

Dr Shrinivasa BM Asst Prof, Dr Sunil Kumar NSS officer, Dr Mahesh PHC Medical officer and Mr Nagendra social worker were present on the occasion

JSSMC CAMPUS IS PLASTIC FREE ZONE

The students of JSS Medical College under the aegis of NSS, came up with the idea of making the campus a plastic free zone!! The initiative took off with the first event of making paper bags, leading to the creation of beautiful paper bags which are definitely kinder to the environment! The event turned-out to be a great success!!



Bags ready for use!



Paper bags in the making



Mr. M Jayashankar making a bag

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 Bharathvadi near Nagarhole Forest Area. 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.



Swachh Bharat Abhiyan by NSS unit of JSS Medical College



Mysore, Oct. 18 (KS): The NSS unit of JSS Medical College as part of 'Swachh Bharat Abhiyan' launched by the Prime Minister Narendra Modi who exhorted people to fulfill Mahatma Gandhi's vision of Clean India, Bannimantap Grounds in city recently. Around 40 NSS volunteers began the cleaning drive from 7 am to 10 am by removing all the plastics and covers and collected more than 50 bags of wastes from the ground.

Quiz contest marks Breastfeeding Week

Mysore, Aug. 11- To create awareness among medicos regarding breast-feeding practices and to mark Breast-Feeding Week-2014, a quiz competition was conducted by National Service Scheme (NSS) in collaboration with Department of Community Medicine, JSS Medical College, Mysore, recently.

There were five teams each having four 7th term MBBS students. The first round was an elimination round wherein written test was conducted. The second

round consisted of multiple choice questions. The final and the fourth round was a rapid fire round for the remaining two teams following which the winners and runners-up were announced.

Dr. M. Renuka, Professor and Head, Department of Community Medicine, interacted with the students.

This was followed by prize distribution. Dr. Renuka, Dr. Narayan Murthy and Dr. Sunil Kumar, NSS Officer, gave away prizes to the winners, runners and other participants respectively.

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Awareness marks World AIDS Day-2014

35 million people worldwide are living with HIV; 1.5 million deaths reported due to AIDS in 2013

Mysuru, Dec.3- Ever since the first reported case over thirty years ago, AIDS (Acquired Immune Deficiency Syndrome) has become one of the leading causes of death worldwide. Global summary for 2013 reflect around 35 million people worldwide are living with HIV and 1.5 million deaths have occurred because of AIDS in 2013. The disease is considered a global epidemic.

In view of the rapid spread of the disease and its adverse consequences, prevention is considered to be the only strategic remedy to combat the disease. World AIDS Day is observed every year on 1st December to create awareness among the general public on HIV/AIDS. The theme for World AIDS Day 2014 was "Focus, Partner, Achieve: An AIDS-free Generation".

As part of the social commitment to combat the spread of the disease, the faculty, Post-Graduate students and interns from the Department of Public Health Dentistry, JSS Dental College and Hospital, JSS University, Mysuru, had organised HIV/AIDS awareness campaign on Dec.1.

Pamphlets containing the myths and facts about HIV/AIDS, its mode of spread, its symptoms, information on testing and counselling centres was distributed to lorry drivers, auto drivers and KSRTC drivers. Besides, the pamphlets were distributed door-to-door in some urban slums and primary health centre at Hadinaru village.

The event was organised under the guidance of Dr. B. Nandlal, Principal, JSS Dental College and Hospital.

NSS unit, JSS Medical College

The Department of Community Medicine and NSS unit of JSS Medical College too observed World AIDS Day in Suttur Village, Nanjangud taluk.

A rally consisting of 160 NSS volunteers and school children went through the village to create awareness among people against the AIDS and its consequences.

After the rally, a street play was staged at the junction area by MD & MPH post-graduate students.

This was followed by a health education session for high school children regarding AIDS and its transmission and how to prevent it.

Dr. B.M. Shrinivasa, Asst. Professor, Dr. Sunil Kumar, NSS officer, Dr. Mahesh, PHC Medical officer and Nagendra, social worker, were present.

Teresian College

The Post-Graduate Department of Commerce, Teresian College, Mysuru, in collaboration with India Campus Crusade for Christ, Mysuru, too had organised "AIDS Awareness Programme" in the College campus.

The programme was aimed at creating awareness on the deadly disease.

Resource persons Dr. Paul, retired Surgeon, Mission Hospital and Dr. Shanthi Paul, retired Gynaecologist, Mission Hospital, addressed the students.

They stressed on the steps to prevent AIDS and importance of moral studies in life. As part of the Programme "Red Ribbon" movie was screened.



JAGADGURU SRI SHIVARATHREESHWARA MEDICAL COLLEGE
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