

The Community Medicine

Chronicle

E-Newsletter

2023 Issue 1 Volume 1

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JSS Medical College



Dear readers,

Welcome to the first issue of "The Community Medicine Chronicle" from the Department of Community Medicine, JSS Medical College, JSSAHER, Mysuru. This monthly e-newsletter aims to promote community medicine while informing readers about our department's activities and achievements.

This issue highlights our department's accomplishments and milestones from the past year (2022). In the upcoming Chronicle, there will be six sections, including Outreach & Extension Activities, Awards and Achievements, Public Health Updates, Mind Benders, And Beyond, as well as Press and Media.

The outreach and extension activities section will provide you with a glimpse into our community engagement efforts, from health camps to awareness campaigns. Our department is committed to making a difference in the lives of the people we serve.

We are also thrilled to share that our department has been awarded several accolades and recognitions for our contributions to the field of community medicine. We hope these achievements will inspire and motivate others to join us in our efforts. The public health updates section informs readers about the latest advancements and trends.

The Mind Benders section includes fun and interactive activities related to community medicine, such as multiple-choice questions, quizzes, crossword puzzles, word searches, brain teasers etc, aiming to enhance reader's understanding while stimulating their cognitive skills. The And Beyond section showcases the extracurricular talents of our department members, including painting, photography, poetry, music, and other creative endeavours. This section aims to foster a sense of community and connection among our readers and celebrate our colleagues' unique skills and passions. The Press and Media section provides updates on any media coverage or press releases related to our department.

We hope that the information shared in this issue will be informative and valuable in advancing our understanding of community medicine. We look forward to bringing you more updates and insights in the coming months and welcome any feedback or suggestions to make our newsletter even better. Thank you for being a part of our community.

Best regards,

*Dr Sunil Kumar D
(Chief Editor)*

Professor & Head

Dept of Community Medicine

JSS Medical College, JSSAHER.

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About Us

JSS Academy of Higher Education & Research

JSS Academy of Higher Education & Research (JSSAHER) formerly known as JSS University, is Deemed-to-be University located in Mysuru, Karnataka. It was established in 2008 under Section 3 of the UGC Act 1956 and is part of JSS Mahavidyapeetha, which runs a variety of educational institutions. This deemed-to-be university is recognized by the Ministry of Education and accredited by NAAC with A+ Grade. JSS AHER has been graded as Category-I Deemed-to-be University by UGC. It has been focusing on teaching, research and health services since its inception.

JSS AHER comprises of medical, dental and pharmacy colleges at the main campus and a pharmacy college in Ootacamund, Tamil Nadu. With a view to extend the horizons in the field of health sciences, the Department of Water and Health (Faculty of Life Sciences) and Department of Health System Management Studies have been integrated as Deemed-to-be university departments.

JSS Medical College

Established in the year 1984, the institution has emerged as a renowned college in the country by providing medical education of high standards and compassionate health care programs through internationalization, innovation in academic and research studies. The Institution is equipped with state-of-the-art infrastructure, laboratories and modern teaching aids. It is progressing towards greater heights with the ardent support of experienced, qualified and dedicated teaching and support staff. In recognition to the services provided in Medical Education, Research and Health care, the institute is ranked 3rd in Outlook iCARE Rankings 2022 among private Medical Colleges in India and 34th position in the National Institutional Ranking Framework (NIRF), 2022.

***Department of Community Medicine** strives to produce a breed of primary care physicians with compassion towards patient care, leadership, research and management techniques. The various community outreach programs offered by the department include School health appraisal program, SMARAN Project, Tribal health check-up camps, Screening camps for non-communicable diseases in urban slums and rural areas, Outreach health education sessions on issues of public health importance. etc. Department is actively taking part in various domains of research like epidemiological studies, vaccine trials, implementation research, operational research, and technological interventions to improve health care outcomes. The best practices we have are Medical Students Social Responsibility Initiative, School health appraisal program, Empowering Faculty with Research Skills through SPSS Workshop and Tribal outreach initiative.*

Glimpse of 2022

NATIONAL SCIENCE WEEK 22nd-28th FEB 2022

The DST-STUTI awareness programme was a unique science exhibition fair sponsored by the Department of Science and Technology (DST), Ministry of Science and Technology, Govt. Of India, for school children in Mysuru & Chamarajanagar District. JSSAHER was one of the 13 institutions selected from across the country to participate in the STUTI project. The fair was conducted from 22nd to 28th February 2022, and the Science-on-Wheels was flagged off by His Holiness Jagadguru Sri Deshikendra Mahaswamiji on 21st February 2022 at Suttur Mutt. Science-on-Wheels is a bus containing research-related equipment that travelled around the district, educating rural populations about science. The event aimed to raise awareness of science and research among students from high schools, colleges, and women in rural and tribal areas.

Throughout the week, there were science workshops, a science expo, and lectures on science. These were held to raise awareness of science and research among students in high schools, colleges, and women in rural and tribal areas. On the first day of the event, the exhibition was presented at JSS Women's college, Kollegala, and on the second day, it was exhibited at at JSS Women's college, Chamarajanagar. On the third day, it was conducted at the JSS High School, Gundlupet. On the fourth day, it was held at JSS high school, Saragur, on the fifth day, it was organized at JNV Mysuru, sixth day it was held at the JSS High School, Suttur . On the last day, the exhibition was held at Govt School, Varuna. These were the places where the science fair was conducted. The departments had respective stalls with specimens and charts for demonstration to the students.



SCIENCE ON WHEELS



The department of Community medicine also put up a stall and did demonstrations for the students to learn from. The exhibits showcased included:

- **Diaguru App:** Handouts that contained the information with a QR CODE to scan were handed out to the students and explained about the use of the app. That they could enter their parents/elders' diabetes details and then receive recommendations & notifications regarding management & control of their diabetes from the app.
- **BMI chart:** for girls and boys, plastered along the walls. We had a weighing machine to check weight and a height tape for measuring height. Their respective body mass indexes were then assessed in the BMI chart and told to the students.
- **Diabetic risk assessment chart,** showing parameters and their scores to measure diabetes risk. A briefing was given to the students on the score ranges that indicated that a higher score would indicate a greater risk.
- **Digital audiometry** – A device that measures the real time sound level in decibels of the room, and gave a digital display. The students actively engaged with audiometry and were also told about the normal sound level ranges in a room.
- **An interactive board of snake and ladder** with a concept for non-communicable diseases. In other words, all good habits lead to better health and all bad habits lead to poor health. The children rolled the dice and played snake and ladder. This was the most engaging part of our stall.
- **Vaccine vials:** of some basic vaccines like BCG, DPT, measles, polio, Hep B kept along with their description kept in the charts. The students browsed through the charts and the information.
- **Family planning cycle** – a contraceptive method device board. It was a rotating board with mentions of contraceptive devices, and their duration and specifications of use. And the medico socio workers helped explain the concept to the students.

The National Science Week-2022, part of Azadi Ka Amrit Mahotsav was a grand success!!

World Health Day 2022

On April 7th, 2022, we observed World Health Day. The event featured a guest lecture by Dr. P. Sudhakar Reddy, Professor and Head of the Department of PG studies in Swasthavritta at JSS Ayurveda Medical College, Mysuru. The lecture focused on the theme for World Health Day 2022, "OUR PLANET, OUR HEALTH," and emphasized the importance of an integrated approach to health and the connection between our planet and our well-being.

To further promote the theme of the event, the department organized an E-Poster and Reels Video Competition for Phase III MBBS students. The response to the competition was overwhelming, with 14 individual entries and 6 group entries from a total of 25 students. The E-Posters and reels displayed at the event showcased the students' creativity and understanding of the interdependence of human health and the planet's health.

At the end of the competition, Ms. Hema Sameera Pinnam and Mr. Shubham Mishra were awarded the first and second prizes, respectively for the E-Poster competition and Mr. Harsh Pal, Mr. Yashu Juneja, Mr. Vishal Juneja, Ms. Vatsala Godara, and Ms. Varnika Mahalwal for the reels. Their e-posters & video entries were showcased at the event and received enthusiastic appreciation from the audience.

The event provided a platform for students to showcase their talent and knowledge and encouraged them to think critically about their role in maintaining a healthy planet. Overall, the World Health Day event was an enormous success, raising awareness about the importance of a healthy planet for our well-being and inspiring the next generation of healthcare professionals to work towards a healthier and sustainable future.

CM Chronicle



“OUR PLANET, OUR HEALTH,”

World No Tobacco Day

World No Tobacco Day was observed on 31st May 2022 with the theme “Tobacco: Threat to Our Environment”. The event was held at JSS High School Bannimantap and was attended by 120 high school students. The program started with a welcome address by Dr Mythily MR, Senior Resident, and the school prayer followed by the inauguration of the event by watering the plant. The Chief Guest, Mr Shivshakar SP, Head Master of JSS High School, highlighted the harmful effects of smoking. He also highlighted how celebrating such health days would help create awareness in the community. Dr Sunitha, Reader, Public Health Dentistry, delivered a talk on the “Ill-effects of Tobacco and De-addiction”. She elaborately educated the children about the various forms of tobacco consumption, effects of tobacco and smoking on various organs of the body, de-addiction facilities available at JSS Dental College, and the importance of this year’s theme, and asked the children to pledge to spread this message to their family and neighbours. Post-graduates of Community Medicine performed a skit aimed to educate the audience, especially the high school students, about the dangers of tobacco consumption and how it affects the body.. The event was also graced by the faculty of Community Medicine Department, Health Inspectors of Urban Health Centre, and Teachers of JSS High School.



**SKIT BY POST-GRADUATES OF
DEPARTMENT OF COMMUNITY MEDICINE**

WORLD POPULATION DAY - 2022

We observed World Population Day on July 11th, 2022, at Government Primary Health Centre (PHC), Hadinaru, Nanjangud taluk, Mysuru. The event highlighted the importance of family planning and population control. The program was inaugurated by Dr. Sunil Kumar D, Head of the Department of Community Medicine, JSSMC Dr. Suma, Head, Dept of Obstetrics & Gynaecology, JSSMC & Hospital & Dr.Ravindra, MO, Hadinaru PHC. It featured a talk by guest of honour Dr. Suma who discussed various family planning methods offered by the government of India. A "Family Planning Methods Exhibition" was also held, featuring exhibits explaining different family planning methods. The event was attended by eligible couples and antenatal care mothers, ANMs, Accredited Social Health Activists (ASHA) of PHC, Hadinaru, JSS Medical College Post Graduates, and interns, and fruits and milk were distributed to eligible couples and antenatal care mothers.

Dr. Nayana Shabadi, Assistant Professor from the Department of Community Medicine, JSS Medical College, Mysuru, delivered a lecture to adolescents at JSS High School, Metagahalli. She spoke about the importance of World Population Day and the various methods to control it.

GLIMPSE FROM GOVERNMENT PRIMARY HEALTH CENTRE (PHC), HADINARU



National CME on Breastfeeding 2022

Theme: Step up for Breastfeeding: Educate and Support

A one-day National Continuing Medical Education (CME) on Breastfeeding was organised on August 26th, 2022, under the theme "Step up for Breastfeeding: Educate & Support" in hybrid mode. The CME was attended by approximately 200 delegates from various parts of the country. The chief guest was Dr. Basavaraj Dabadi, State Deputy Director, Child Health & PCPNDT, Karnataka. The special invitees included Dr. Prasad K H, District Health & Family Welfare Officer, Mysuru, and Dr. Jayanth M S, District Reproductive & Child Health Officer, Mysuru. The President of the CME was Dr. H Basavanagowdappa, Principal, JSS MC, and the Guest of Honour were Dr. M N Suma, Vice Principal (Paraclinical), JSS MC, and Sri Satish Chandra, Administrative Officer, JSS MC. The Organizing Chairman, Dr. Sunil Kumar & organizing secretary, Dr. Amoghashree.



The sessions began with a keynote address by Dr. Basavaraj Dabadi, followed by a talk on "universalization on breastfeeding - Challenges and gaps" by Dr. Asha D Benakappa, Professor and Head, Department of Pediatrics, Dr. Chandramma Dayananda Sagar Institute of Medical Education and Research, Karnataka. The event also featured online guest lectures by Dr. B Devi Madhavi, Professor and Head, Department of Community Medicine, Rangaraya Medical College, Andhra Pradesh, on "public health aspects of breastfeeding and complementary feeding" and Dr. Mishu Mangla, Assistant Professor, Department of OBG, AIIMS, Bibinagar, Telangana, on "Making breastfeeding work at the workplace."

World Breastfeeding Week 1st – 7th August 2022

World Breastfeeding Week is celebrated annually from August 1st to 7th to promote and support breastfeeding. In 2022, the Department of Community Medicine at JSS Medical College, JSS Academy of Higher Education & Research, Mysuru, organized various events to raise awareness about the benefits of breastfeeding and to encourage breastfeeding among pregnant and lactating mothers.

Event 1 was a quiz competition for Phase III Part I students, where 40 students in teams of two participated. The quiz was conducted in several rounds, including Just a minute round, MCQs, Genius round, Thematic round, Rapid 5 round, and Tie Breaker round. The top five teams were selected for the final round, and certificates were distributed to all participants.

Event 2 was an awareness program for pregnant and lactating mothers residing in Suttur. The program included a skit by MBBS Phase II students, one-to-one discussions on breastfeeding with lactating mothers, and an awareness talk. The skit portrays various characters, such as a doctor, a mother, a husband, a grandmother, and a sister-in-law, to emphasize the importance of breastfeeding. The event was attended by postgraduate students of the Community Medicine Department, Medico social workers, Anganwadi teachers, and ASHA workers.

Event 3 was a quiz competition for Diploma nursing students, where 24 students in teams of two participated. The quiz had several rounds, including Just a minute round, MCQ round, Genius round, Image-based round, Unscramble round, and Tiebreaker round. The top five teams were selected for the final round. Certificates were distributed to all the participants by the principal and staff of JSS School of Nursing, along with senior residents from the Department of Community Medicine.

Overall, the events organized by the Department of Community Medicine at JSS Medical College aimed to raise awareness about the benefits of breastfeeding. They also aimed to encourage breastfeeding among pregnant and lactating mothers. The quiz competitions and skit performances were engaging and informative, and the one-to-one discussions with lactating mothers provided an opportunity for them to clear their doubts and queries. Various initiatives are crucial to promote and support breastfeeding, which provides numerous health benefits for both mothers and their infants.

Photo Gallery



Distribution of Certificates 1st Prize Winners



Distribution of Certificates 2nd Prize Winners



Distribution of Certificates 3rd Prize Winners



Distribution of certificates to participants

Photo Gallery

Breast Feeding Week



Awareness talk by Dr Amoghashree, Senior Resident, Dept of Community Medicine, JSS MC, Mysuru



One to one discussion on breastfeeding with lactating mothers.



Beneficiaries



Skit participants



Team and Audience



Organizing team with the staff and winners of JSS School of Nursing, Mysuru

National Conference on Public Health Nutrition MY NUTRICON – 2022

Theme – Public Health Aspects of Nutrition towards Sustainable Development Goals

We in collaboration with the Department of Studies in Food Science and Nutrition, University of Mysore, and Department of Nutrition and Dietetics, School of Life Sciences, JSS Academy of Higher Education and Research, Mysuru, conducted a pre-conference workshop on the 7th of December 2022 on the occasion of the National Conference MY-NUTRICON 2022. The workshop had two parallel sessions, one on Food Safety and Adulteration, and the other on Nutritional Assessment. Dr. Raghavendra P and Dr. Sushma Appaiah were the resource persons for the Nutritional Assessment workshop. Dr. Komala M and Dr. Prabhavathi S N facilitated the Food Safety and Adulteration session. A total of 60 delegates had registered for the workshop, and it was a grand success.

The National Conference MY-NUTRICON 2022 began on the 8th of December 2022 with a technical session on Nutrition through the life course approach. Dr. Savita M R, Dr. Vidya Tobbi, and Dr. Pratibha Pereira were the resource persons who walked the attendees through the importance of adequate nutrition requirements and consumption at various life stages. This session was followed by a comprehensive session on the utilisation of CO-guided REAP as an effective research execution tool, led by Dr. G Muralimohan Reddy.

The inaugural ceremony was presided over by Dr. Surinder Singh, the Honourable Vice Chancellor JSSAHER, and the chief guest was Dr. H Basavanagowdappa, Principal, JSS Medical College. Other dignitaries on the dias included the organising chairpersons, Dr. Sunilkumar D and Dr. Komala M, the organising secretary Dr. Praveen Kulkarni, and joint organising secretary Dr. Vanita Reddy B, along with Dr. Suma M N and Sri Satishchandra S R. The E-souvenir commemorating the event, MY-NUTRICON-2022, was also released during the ceremony.

The conference had several technical sessions, keynote addresses, and a panel discussion on various themes related to nutrition. Dr. Raghavendra P's keynote address emphasised the public health aspects of nutrition towards achieving sustainable development goals. The speakers for the technical sessions included Dr. Kausalya S, Dr. Sheetal Gupta, and Dr. B P Mahesh, who spoke on topics related to food safety and consumer protection. Dr. Sushma Appaiah's post-lunch session gave an orientation about GOLZ-Nutrition and Diet Solution and the role of salutary Nutri foods towards developing therapeutic food formulations. She also enlightened the delegates regarding starting up an innovation and took them through her journey.

The conference also featured scientific paper presentations, oral and poster, in seven halls, with a total of 108 delegates presenting their scientific papers. Various competitions, such as Just a Minute talk, fruit and vegetable carving, and POSHAN Gyan: Educational poster designing, were also held, with a significant number of participants for each event. An Anganwadi teachers' food exhibition highlighted the importance of a nutritious diet on both days.

The conference had a total of 448 registered delegates. The conference concluded with a valedictory function where the winners of various events were distributed prizes. The conference was an overall success, with many informative sessions and engaging competitions.

PRESS RELEASE FOR CME/CONFERENCE

Dept of Community Medicine

ಪ್ರತಿನಿಧಿ

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09 Dec 2022

...ಇವ ಸಮಯದ
ಸ್ವಾಧೀನ ದಿನವನ್ನಂತೆ

ಔಷಧದ ಬದಲು ಪೌಷ್ಟಿಕ ಆಹಾರ ಸೇವನೆ ರೂಢಿಸಿಕೊಳ್ಳಿ



STAR OF MYSORE

07 December, 2022

For Immediate Release



MY NUTRICON – 2022: National-Level Conference On Nutrition At JSS

December 7, 2022

Mysore/Mysuru: The Department of Community Medicine, JSS Medical College, in collaboration with Department of Studies in Food Science and Nutrition, University of Mysore (UoM) and Department of Nutrition and Dietetics, School of Life Sciences, JSS Academy of Higher Education and Research (JSS AHER), Mysuru, are organising National Conference on Nutrition "MY NUTRICON -2022" on Dec.8 and 9 at Sri Rajendra auditorium of JSS Medical College in Banimantap.

Info@startofmysore.com

ನಾಳೆಯಿಂದ 'ಮೈ ನ್ಯೂಟ್ರಿಕಾನ್' ಶೀರ್ಷಿಕೆಯಡಿ ಪೌಷ್ಟಿಕಾಂಶ ಕುರಿತು ರಾಷ್ಟ್ರಮಟ್ಟದ ಸಮ್ಮೇಳನ



ಮೈಸೂರು,ಡಿ.6(ಪಿ.ಎಂ)-ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಸಮುದಾಯ ವೈದ್ಯಾಜ್ಯ ಭಾಗ, ಜೆಎಸ್‌ಎಸ್ ಆಹಾರಾಜ್ಞಾ ವಿಭಾಗ ಮತ್ತು ಜೆಎಸ್‌ಎಸ್ ವಿವಿ ಆಹಾರ ವಿಜ್ಞಾನ ಮತ್ತು ಪೌಷ್ಟಿಕಾಂಶ ವಿಭಾಗದ ಸಂಯುಕ್ತ ಮಧ್ಯದ 88 ಮತ್ತು 9ರಂದು ಪೌಷ್ಟಿಕಾಂಶ ಕುರಿತಂತೆ ರಾಷ್ಟ್ರಮಟ್ಟದ ಮೈ ನ್ಯೂಟ್ರಿಕಾನ್ ಸಮ್ಮೇಳನ ಆಯೋಜಿಸಲಾಗಿದೆ ಎಂದು ಮೈಸೂರಿನ ಸಂಸ್ಥಾಪಕ ಕಾರ್ಯದರ್ಶಿ ಡಾ. ಪ್ರವೀಣ್ ಕುಲಕರ್ಣಿ ತಿಳಿಸಿದರು. ಮೈಸೂರು ಜಿಲ್ಲಾ ಪ್ರತಿರಕ್ಷಣಾ ಭವನ

ಪೂರ್ವಭಾವಿ ಕಾರ್ಯಾಗಾರವು ಡಿ.7ರಂದು ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಮೈಸೂರು ವಿವಿ ಮಾನಸಗಂಗೋಲಿ ಆವರಣದಲ್ಲಿ ನಡೆಯಲಿದೆ. ಜನವನ ವಿವಿ ಹಂತಗಳಲ್ಲಿ ಪೌಷ್ಟಿಕಾಂಶದ ಸಮೀಕ್ಷೆಗಾಗಿ ಪೌಷ್ಟಿಕಾಂಶದ ಸಂಶೋಧನೆ, ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಭದ್ರತೆ, ಸಾರ್ವಜನಿಕ ಆರೋಗ್ಯ ಇತ್ಯಾದಿ ಪ್ರಮುಖ ವಿಷಯಗಳ ಕುರಿತು ವೈಜ್ಞಾನಿಕ ವಿಚಾರ ಮಂಡನೆಯನ್ನು ಹಮ್ಮಿದು ಮಾಡಲಿದ್ದಾರೆ ಎಂದು ಪ್ರಬಂಧ ರಚನೆ, ಪೋಸ್ಟರ್ ವಿನ್ಯಾಸ ಹಾಗೂ-ತರಕಾರಿ ಕೆತ್ತನೆ ಸ್ಪರ್ಧೆಗಳನ್ನ ಸಮ್ಮೇಳನದಲ್ಲಿ ಹಾಜರಾಗುವ ಆಸಕ್ತರಿಗೆ ನಡೆಸಲಾಗುವುದು. ಜೊತೆಗೆ ಅಂಗವಿಕಾ ಕಾರ್ಯಕ್ರಮದಿಂದ ಆಹಾರ ಪ್ರದರ್ಶನ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಡಿ.9ರಂದು ಮಧ್ಯಾಹ್ನ 12ರಿಂದ ಸಂಜೆ 4ವರೆಗೆ ಪೌಷ್ಟಿಕಾಂಶ ಕುರಿತು ತಯಾರಿಸಲಾದ ಪೋಸ್ಟರ್ ಮಂಡನೆಯಾಗಲಿದೆ.

ನಾಳೆಯಿಂದ ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನಲ್ಲಿ ಮೈ ನ್ಯೂಟ್ರಿಕಾನ್ ಸಮ್ಮೇಳನ

ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಸಮುದಾಯ ವೈದ್ಯಕೀಯ ವಿಭಾಗದಿಂದ ಡಿ. 8 ಮತ್ತು 9ರಂದು ಪೌಷ್ಟಿಕಾಂಶ ಕುರಿತ ರಾಷ್ಟ್ರಮಟ್ಟದ ಮೈ ನ್ಯೂಟ್ರಿಕಾನ್ ಸಮ್ಮೇಳನ ಆಯೋಜಿಸಲಾಗಿದೆ ಎಂದು ಪ್ರಾಂಶುಪಾಲ ಡಾ.ಎಚ್.ಬಸವನಗೌಡಪ್ಪ ತಿಳಿಸಿದರು. "ಕಾಲೇಜಿನ ರಾಜೇಂದ್ರ ಸಭಾಂಗಣದಲ್ಲಿ ಬೆಳಿಗ್ಗೆ 11.30ಕ್ಕೆ ನಡೆಯಲಿರುವ ಸಮ್ಮೇಳನವನ್ನು ಶ್ರೀ ಶಿವರಾತ್ರಿ ದೇಶೀಕೇಂದ್ರ ಸ್ವಾಮೀಜಿ ಸ್ವಾಗತದಲ್ಲಿ ಡಾ.ಕೆ.ವಿ. ರಾಜೇಂದ್ರ, ಡಾ.ಸುರೇಂದರ್ ಸಿಂಗ್ ಸಮುದಾಯದ ಉದ್ಘಾಟನೆಗೊಳಿಸಿದರು. ಇದುವರೆಗೆ 450 ಮಂದಿ ಸಮ್ಮೇಳನಕ್ಕೆ ನೋಂದಾಯಿಸಿಕೊಂಡಿದ್ದಾರೆ. ವೈದ್ಯರು, ಆಹಾರ ವಿಜ್ಞಾನ ಸಂಶೋಧಕರು ಹಾಜರಾಗುವ ಪ್ರಬಂಧ ಮಂಡನೆ ಮಾಡಲಿದ್ದಾರೆ." ಎಂದು ಸುದ್ದಿಗೋಷ್ಠಿಯಲ್ಲಿ ಹೇಳಿದರು. "ಜೀವನದ ವಿವಿಧ ಹಂತಗಳಲ್ಲಿ ಪೌಷ್ಟಿಕಾಂಶದ ಸಮೀಕ್ಷೆ, ಸಂಸ್ಕೃತಿ ಮತ್ತು ಪೋಷಣೆ, ಪೌಷ್ಟಿಕಾಂಶದ ಸಂಶೋಧನೆ, ಆಹಾರದ ಸುರಕ್ಷತೆ ಮತ್ತು ಭದ್ರತೆ ಮೊದಲಾದ ವಿಷಯ ಕುರಿತು ವೈಜ್ಞಾನಿಕ ಚರ್ಚೆ ನಡೆಯಲಿದೆ. ವಿವಿಧ ಭಾಗಗಳ ತಜ್ಞರು ಹಾಜರಾಗುತ್ತಿದ್ದಾರೆ."

ಜೆಎಸ್‌ಎಸ್‌ಎಂಸಿ ಗೋಷ್ಠಿಯಲ್ಲಿ ಡಾ. ಬಸವನಗೌಡ ದಿವಾಡಿ

ಶಿಶು ಸಂರಕ್ಷಣೆಗೆ ಎದೆಹಾಲು ಅಗತ್ಯ



ಮೈಸೂರು: "ಎದೆ ಹಾಲೇನು ವೈದ್ಯಕೀಕರಿಸಿ ವಿಚಾರಿಸಿ. ಪ್ರಥಮ ಹಂತದ ಬೆಳಿಗ್ಗೆ ಅಗತ್ಯವು, ವೈದ್ಯರ ಸಂಶೋಧನೆ ಅನುಸರಿಸಿ, ಯುಎಸ್‌ಎಯಿಂದ ನಿರೀಕ್ಷಿಸಿದ ಸಮಾಜ ಕೀರ್ತಿಗಳ ಮೂಲಕ ಸಂಸ್ಥೆಗಳ ಸಂಯೋಜನೆಯಲ್ಲಿ, ಈ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಹಿಮೆಯ ವೈದ್ಯರು ಜನರಲ್ಲಿ ಅಭಿಮಾನ ಮೂಡಿಸಲು" ಎಂದು ರಾಜ್ಯ ಶಿಶು ಆರೋಗ್ಯ ಉಪ ನಿರ್ದೇಶಕ ಡಾ. ಬಸವನಗೌಡ ದಿವಾಡಿ ಹೇಳಿದರು. ಸುರದ ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು (ಜೆಎಸ್‌ಎಂಸಿ) ಕಾರ್ಯದರ್ಶಿ ಡಾ. ಪ್ರವೀಣ್ ಕುಲಕರ್ಣಿ ಅವರ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ನಿರೀಕ್ಷಿಸಿದ ಕ್ಷೇತ್ರ (ಆಲ್‌ಲೈವ್-ಆಲ್‌ಲೈವ್) ಸಂವಿಧಾನ ಉದ್ಘಾಟನೆ ಮತ್ತು ಸಮಾಜ ಕೀರ್ತಿಗಳ ಮೂಲಕ ಸಂಸ್ಥೆಗಳ ಸಂಯೋಜನೆಯಲ್ಲಿ, ಈ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಹಿಮೆಯ ವೈದ್ಯರು ಜನರಲ್ಲಿ ಅಭಿಮಾನ ಮೂಡಿಸಲು" ಎಂದು ರಾಜ್ಯ ಶಿಶು ಆರೋಗ್ಯ ಉಪ ನಿರ್ದೇಶಕ ಡಾ. ಬಸವನಗೌಡ ದಿವಾಡಿ ಹೇಳಿದರು. ಸುರದ ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು (ಜೆಎಸ್‌ಎಂಸಿ) ಕಾರ್ಯದರ್ಶಿ ಡಾ. ಪ್ರವೀಣ್ ಕುಲಕರ್ಣಿ ಅವರ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ಜೆಎಸ್‌ಎಸ್ ವೈದ್ಯಕೀಯ ನಿರೀಕ್ಷಿಸಿದ ಕ್ಷೇತ್ರ (ಆಲ್‌ಲೈವ್-ಆಲ್‌ಲೈವ್) ಸಂವಿಧಾನ ಉದ್ಘಾಟನೆ ಮತ್ತು ಸಮಾಜ ಕೀರ್ತಿಗಳ ಮೂಲಕ ಸಂಸ್ಥೆಗಳ ಸಂಯೋಜನೆಯಲ್ಲಿ, ಈ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಹಿಮೆಯ ವೈದ್ಯರು ಜನರಲ್ಲಿ ಅಭಿಮಾನ ಮೂಡಿಸಲು" ಎಂದು ರಾಜ್ಯ ಶಿಶು ಆರೋಗ್ಯ ಉಪ ನಿರ್ದೇಶಕ ಡಾ. ಬಸವನಗೌಡ ದಿವಾಡಿ ಹೇಳಿದರು.

Family Adoption Program MBBS Phase I (21-22 batch) Report

The Family Adoption Program was implemented for MBBS Phase I (21-22 batch) students as part of the Community Medicine curriculum, in accordance with the new CBME course curriculum guidelines. Each student was assigned two families in the Bamboo Bazaar, Medar Block area, Mysore, and collected sociodemographic details, comorbidities, and vital events. The families will be followed up in the second and third professional years. Health check-up camps were organized in four locations, benefiting about 340 residents of the urban slum. Lab investigations such as blood glucose estimation using a glucometer and haemoglobin estimation using a haemoglobinometer were conducted and drugs were dispensed for common ailments. The postgraduates provided nutritional education to beneficiaries about non-communicable diseases.



Activities at JSS UHC

World Cancer Day 2022

The Urban Health Centre organized various activities to observe World Cancer Day 2022 on February 4th and 8th in Mysuru. Awareness programs were held in anganwadi centers, MCC colony, and F block Bamboo bazar. All COVID-appropriate measures were taken during the program, including social distancing, hand sanitization, and thermal screening, and only people wearing masks were allowed to participate. Health inspectors and interns educated participants on various types of cancer, their risk factors, symptoms, and prevention methods. There were also presentations and interactive sessions on topics such as nutrition, hygiene, and vector-borne diseases. Anganwadi staff and helpers were present at both events.

Overall, the event aimed to raise awareness about common types of cancer and their prevention, with a particular emphasis on early detection.



World Cancer Day 2022



Activities at JSS UHC

World Tuberculosis Day 2022

The Urban Health Centre conducted World Tuberculosis Day 2022 from 24th to 31st March in Bamboo bazar's field practice area with the theme "Invest to End TB." Health education programs and camps were held in different areas of Medar block, following the Medical Officer's instructions. The program included a health camp, health education programs, and street plays performed by nursing students who were trained by medico-social workers. Health workers performed anthropometric examinations like height and weight; blood investigations like blood grouping and clinical examinations HR, BP, SPO₂ during the health camp.



World No Tobacco day 2022

World No Tobacco day was observed on 31st May 2022 in Government High school, Medar Block, Bamboo Bazar. With the Theme-" TOBACCO- THREAT TO OUR PLANET" ,a demonstration programme was conducted by medico social students where effect of cigarette smoke was demonstrated by an experiment. Cigarettes smoke was collected in a bottle and covered with white tissue paper. Blackish discoloration of tissue paper along with deposition of Ash like material was shown to students. Interns Dr Shubham Gupta and Dr Sharda Sur roy explained the effect of smoking on lungs through short movies and pictures of lung and oral cancers.. Harmful contents of the cigarettes and tobacco smoke were explained along with their effects on health. about 50 students participated in the programme. School teachers were also present in the programme.

Activities at JSS UHC

World Health Day 2022

The Urban Health Centre organized World Health Day 2022 from April 7th to April 13th with the theme “Our planet, our health”. Health education programs and camps were conducted in various locations of the Medar block, including Yeshwanth Nagar, C block Bamboobazar, behind Jantha sawmill, RMC, F block, and Government High School. The programs covered topics such as primary prevention of NCDs, environmental hygiene, harmful effects of air, water, and noise pollution on health, and vector-borne diseases. Anthropometric and clinical examinations were also conducted free of cost by health workers.



Adolescent Personality Development Programme 2022

Urban Health Centre organized the Adolescent Personality Development Programme 2022 from 26th April to 5th May 2022 in Medar Block Bamboobazar. The programme aimed to improve the overall health of children and adolescents, address psychological and social factors affecting health, and encourage participation in physical activities. The sessions included health education on vector-borne and communicable diseases, nutrition, hygiene, and child rights. Additionally, children were taught communication, computer, and theatre skills and participated in indoor and outdoor games.



Activities at JSS UHC

“Anti malaria month 2022”

Date: 15th June 2022

On June 15, 2022, Anti-malaria month was observed in Raja Rajeshwari colony, Bamboo bazar, in coordination with SDM self-help group. Health inspectors from UHC explained malaria prevention, symptoms, and the characteristics of the Anopheles mosquito, as well as other vector-borne diseases such as dengue and chikungunya. Integrated vector control measures were also explained. UHTC interns spoke about anemia, cervical and breast cancer, and COVID prevention, while MSW staff provided information about substance abuse. The program was attended by 33 women who benefited from the information provided.



Oral health check-up camp and oral health education activity

JSS Medical College, Department of Community Medicine organized an oral health checkup camp at Government Higher Primary School, Medhar Block, Bamboo Bazar, Mysuru from 3rd to 5th and 10th January 2022. Dental interns conducted dental examinations and health workers performed anthropometric examinations. Health education on oral hygiene, brushing techniques, and nutrition was given by interns through interactive sessions and models. A total of 124 students were examined, and those requiring further treatment were referred to UHC and JSSDC. All COVID appropriate measures were taken and the event was successful.



Activities at JSS UHC

Free health checkup

Urban health center organized a free health checkup camp during the Karga festival(6th May & 07th May 2022) in Medar block Bamboo bazar. The volunteers visiting the temple were examined for clinical and anthropometric measurements. Those with abnormal findings were referred to the urban health center for further treatment. Health education on a balanced diet, physical exercise, and self-care for DM & HTN was also provided. A total of 40 people volunteered for checkups, out of which 27 were found to be obese and 9 had severe hypertension. The program was a success as the volunteers not only received examinations but also learned about primary prevention of risk factors.



Activities at JSS UHC

National Vector Borne Disease Control Programme

From January to June 2022, larva survey was conducted as part of the National Vector Borne Disease Control Programme in UHTC field practice area. The survey was conducted in Haleem Nagar in January, where 260 houses were visited, and in March, 91 houses in Medar block were surveyed. Health inspectors Mr Santhosh and Mr Sunil examined containers in each house and educated residents about integrated vector control and prevention of vector-borne diseases. Larvae collected from households were displayed in schools for children, and awareness was created among them about the prevention of vector-borne diseases.



Activities at JSS UHC

Breast feeding week 2022

World Breastfeeding Week 2022 was celebrated from the 1st to the 7th of August, during which the Urban Health Centre organized various breastfeeding awareness programs. The programs were conducted in different locations, including MCC Colony D Block, UHC OPD, F Block, Medar Block Anganwadi, and Haleem Nagar. The programs aimed to provide information on the importance of exclusive breastfeeding and the advantages of breastfeeding for both mother and child. UHC interns Dr. Sahilmunzl and Dr. Nikitha George, along with other healthcare professionals, participated in the programs and educated women on proper breastfeeding techniques and hygiene. Videos and pictures were also shown to demonstrate different methods of breastfeeding.

HEALTH CAMP

As a part of Family Adoption Program, Health Camp was organized on 09.09.2022 at Urban Health Centre, Medar Block, Bamboo Bazaar. The camp was coordinated by Dr. Mythily M. R and Dr. Kavya G. Upadhyya, Senior Residents, Department of Community Medicine and was supported by the staff of UHC. About 85 people registered for the camp. Interns and Post-graduates of the Department of Community Medicine, JSSMC examined them and they were screened for Diabetes Mellitus, Hypertension and Anaemia. Medications were also dispensed for the beneficiaries.



Activities at JSS UHC

HEALTH CAMP AT HALEEMNAGAR

As a part of Family Adoption Program, Health Camp was organized on 16.09.2022 at Haleemnagar. The camp was coordinated by Dr. Mythily M R and Dr. Kavya G. Upadhya, Senior Residents, Department of Community Medicine and was supported by the staff of UHC. About 92 people registered for the camp. Interns and Post-graduates of the Department of Community Medicine, JSSMC examined them and they were screened for Diabetes Mellitus, Hypertension and Anaemia. Medications were also dispensed for the beneficiaries. Final year postgraduates gave nutritional awareness with respect to diabetes, hypertension and anaemia to participants in small groups.

HEALTH CAMP AT RAJARAJESHWARI COLONY

As a part of Family Adoption Program, Health Camp was organized on 23.09.2022 at Rajarajeshwari Colony. The camp was coordinated by Dr. Kavya G. Upadhya and Dr. Mythily M. R, Senior Residents, Department of Community Medicine and was supported by the staff of UHC. About 88 people registered for the camp. Interns, JSSMC examined them and they were screened for Diabetes Mellitus, Hypertension and Anaemia. Medications were also dispensed for the beneficiaries.



Activities at JSS UHC

HEALTH CAMP AT MANJUNATHAPURA

As a part of Family Adoption Program, Health Camp was organized on 30.09.2022 at Manjunathapura. The camp was coordinated by Dr. Kavya G. Upadhya and Dr. Mythily M R, Senior Residents, Department of Community Medicine and was supported by the staff of UHC. About 76 people registered for the camp. Interns and Post-graduates of the Department of Community Medicine, JSSMC examined them and they were screened for Diabetes Mellitus, Hypertension and Anaemia. Medications were also dispensed for the beneficiaries. First year postgraduates gave nutritional awareness with respect to diabetes, hypertension and anaemia to participants in small groups.

National Nutrition week: 1 st to 7 th September

The first week of September is observed as the National Nutrition Week. The theme for the year 2022 – Celebrate a World of Flavours. As a part of observation of National Nutrition Week, Health education activity was conducted at the Urban Health Centre, Medar Block, Bamboo Bazaar on 09.09.2022 to spread awareness regarding various aspects of nutrition. The participants included adolescents, adults and elderly residing in the urban field practice area of JSSMC. 2 sessions were undertaken. Nutritional awareness was given among participants regarding dietary requirements, balanced diet, diet for diabetic and hypertensive patients by Dr. Amoghashree, Senior Resident, Department of Community Medicine. Also, awareness was given about the importance of Physical Activity.



Activities at JSS UHC

National Nutrition week: 1 st to 7 th September

As a part of observation of National Nutrition Week, Health education activity was conducted at Halemnagar, Bamboobazaar on 16 th September 2022. Awareness on healthy diet was given based on individual approach for 20 individuals. The postgraduate students of Community Medicine department JSS Medical College conducted the awareness sessions. It was based on individual approach. Each student gave awareness to one person at a time. This approach helped in giving a customised diet solutions for the people.

As a part of observation of National Nutrition Week, Health education activity was conducted at Manjunathapura on 30 th September 2022. Awareness on healthy diet was given based on individual approach for 20 individuals. The postgraduate students of Community Medicine department JSS Medical College conducted the awareness sessions. It was based on individual approach. Each student gave awareness to one person at a time. This approach helped in giving a customised diet solutions for the people.



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Upcoming February Issue:

1. *Outreach & Extension Activities*
2. *Awards and Achievements*
3. *Public health updates*
4. *Mind Benders*
5. *And Beyond*
6. *Media Potpourri*

