



# NSS ANNUAL REPORT

**2013-14**



**JSS University  
Mysore**



# JSS UNIVERSITY

(Established under section 3 of the UGC Act 1956)

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar, Mysore-570015, Karnataka, India



## National service scheme

### REPORT FOR THE PERIOD ENDING MARCH-2014

#### BASIC INFORMATION ABOUT UNIVERSITY:

STATE	:Karnataka
UNIVERSITY	: JSS University
NAME OF THE PROGRAMME COORDINATOR	: Gangadharappa H.V.
WHETHER PART TIME/FULL TIME	: Part Time
DATE OF APPOINTMENT	: 14/11/2010
NO. OF SUPPORTING STAFF FOR NSS AT UNIVERSITY	: 02
DATE OF LAST MEETING OF UNIVERSITY LEVEL	
ADVISORY COMMITTEE	:05/09/2013
NSS VOLUNTEERS STRENGTH	:406
TOTAL NO. OF STUDENT POPULATION OF THE	
UNIVERSITY	:3500
NSS STRENGTH ALLOCATED BY THE STATE GOVT.	:400
ACTUAL NO. OF NSS VOLUNTEERS	:406
ACTUAL NO. OF NSS VOLUNTEERS	:M-208, F-198,TOTAL=406
NO. OF COLLEGES	: 04 Colleges
TOTAL NO. OF NSS UNITS	: 04 Units
NO. OF PROGRAMME OFFICERS IN POSITION	: 04 Officers
NO. OF PROGRAMME OFFICERS TRAINED	: 04 Officers
NO. OF PROGRAMME OFFICERS TO BE TRAINED	: Nil

**NO. OF VILLAGES ADOPTED**

**: 04 Villages**

**FUNDS FOR NSS REGULAR/SPECIAL PROGRAMMES**

**Funds received by the University: Nil**

**FOR REGULAR ACTIVITIES**

**FOR SPECIAL CAMPS**

**DAY OF RECEIPT: 11/11/13**

**DAY OF RECEIPT:11/11/13**

**AMOUNT RECEIVED: Rs.80000.00**

**AMOUNT RECEIVED: 67500.00**

**PER CAPITA EXPENDITURE FOR ESTABLISHMENT AT**

**UNIVERSITY LEVEL**

**:Rs.300/volunteers**

**SPECIAL CAMPING PROGRAMME:**

**I. TOTAL NO. OF VOLUNTEERS PARTICIPATED : Nil**

**II. NO. OF CAMPS ORGANIZED : Nil**

**ACTIVITY DESCRIPTION:**

**(1) LITERACY**

**1.1 NO. STUDENTS VOLUNTEERS PARTICIPATED : Nil**

**1.2 NO. OF VILLAGE ADOPTED FOR TOTAL LITERACY: Nil**

**1.3 TOATAL NO. OF ILLITERATES : Nil**

**1.4 NO. OF PERSONS MADE LITERATE : Nil**

**1.5 NO. VILLAGES MADE FULLY LITERATE : Nil**

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

**(3) HEALTH AND FAMILY WELFARE**

**3.1 HEALTH CAMPS :03**

**3.1.1 HEALTH CAMPS CONDUCTED : 03**

**3.1.2 DETAILS OF HEALTH PROGRAMMES ORGANISED: Given below  
ANDBENEFICIARIES**

**3.2. BLOOD DONATION CAMPS:**

**3.2.1 NO. OF BLOOD DONATION CAMPS CONDUCTED : 03**

**3.2.2 NO. OF UNITS OF BLOOD COLLECTED : 150Units**

**3.3. POPULATION EDUCATION : Nil**

**3.4. ERADICATION OF DRUG ABUSE : Nil**

**3.4.1 NO. OF AWARENESS CAMPINGS HELD : Nil**

**3.4.2 NO. OF BEBEFICIARIRES : Nil**

**(4) PROGRAMME FOR WOMEN : Nil**

**(5) WORK IN HOSPITALS**

**5.1 NO. PERSONS BENEFITED**

**: > 1000 PERSONS**

**(6) WORK DURING EMERGENCIES**

**: Nil**

**(7) AIDS AWARENESS**

**7.1. NO. OF SCHOOLS IDENTIFIED**

**:Nil**

**7.2. NO. OF PROGRAMME OFFICERS TRAINED**

**:Nil**

**7.3 NO. PEER EDUCATORS TRAINED**

**:Nil**

**7.4 NO. OF BENEFICIARIS**

**: Nil**

**(8)**

**PLACE: Mysore**

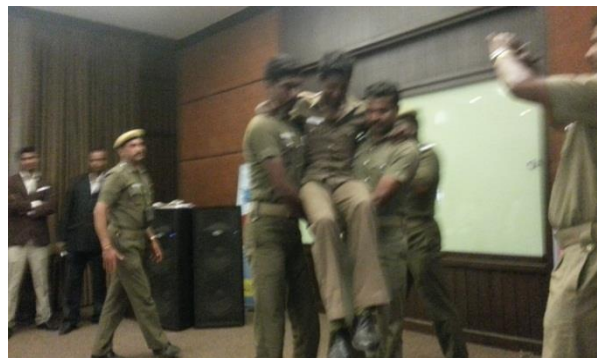
**DATE :31/03/2014**

**SIGNATURE OF THE  
NSS PROGRAMME COORDINATOR**

## Regular activities

### Regular activities:

- 1) **National Fire Safety Week:** NSS Volunteers participated in the **National Fire safety week** in coordination with Club Mahindra Ootacamund and Fire service department Ootacamund at Hotel Club Mahindra, Ootacamund. 50 NSS Volunteers and 100 public from in and around Ootacamund participated in the event. Live demo on fire safety, precaution and first aid were presented by fire service department. Student volunteers and public actively participated in the event. (Attached action Photo graphs)



- 2) **Conducted Rally on Promoting Traditional Millets Cultivation**

50 NSS Volunteers participated in the event. The rally started from Rose Garden and went through Charring cross and reached the college. Placards with slogans relation to traditional plants and crops were carried by the volunteers to create awareness among the public.



- 3) **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. Basavana 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!



- 4) **World Breastfeeding Week-2013:** 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 Counseling. On this occasion Prof. Premakumari invited the guests of honor, The principal of JSS Women's college Prof. Padaki launched the handout 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. DrVidyaJeevan Lecturer and other faculties were present. Prof Shivakumar delivered the vote of thanks.

5) **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 important in preventing premature deaths due to lifestyle disorders like hypertension and diabetes” These words spoken by His Holiness Jagadguru Sri



ShivarathriDeshikendraMahaswamiji, truly brings out the essence behind conducting World Congress on Clinical, Preventive Cardiology and Imaging- 2013 at ShriKshetraSuttur 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.



- 6) **World rabies day-2013:** 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 treating animal bite cases. Dr. Hugarasiddalingappa, 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 don'ts following dog/animal bites. There is no single shot vaccination against rabies and importance of taking five doses of antirabies 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. DrKavitha H S, MPH coordinator compared and a social

work student gave vote of thanks. More than 50 students of social work participated in the event.

- 7) **World Heart Day 2013:** 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.



#### 8) **Programme On Oral Health And General Hygiene Maintenance**

The NSS unit JSS Dental College & Hospital conducted an education and informative session on Oral Health and general hygiene maintenance in Chavyadevi Ashram on 4th September 2013.

Around 50 NSS volunteers of JSS Dental College & Hospital took part in the programme conducted in Chavyadevi Ashram. The school kids aged between 5 years- 13 years in the ashram were trained for Oral Hygiene maintenance using models and charts and we also educated them on how to maintain general hygiene. (i.e how to wash hand ,cut nails and oral instruction on importance of general hygiene.) using poster and stage show. Ashrams more than 35 students were benefited with this programme.

The NSS volunteers distributed free tooth paste, brush, soap and First Aid kit to the student in order to encourage of motivate them. All the volunteer from JSS Dental College & Hospital who took part were provided with snacks & Tea. The programme was more than 3 hours.



The NSS volunteers from JSS Dental College & Hospital conducted an information session regarding prevention of food wastage in hostels, JSS Medical institution campus.

Around 25 NSS volunteers participated in awareness programme to prevent food wastage. They used the dinning area for the programme conduction. The programme included oral lecturer by NSS officer volunteers and staff of Dental college. Poster on not to waste food were displayed permanently in dinning hall.

#### 9) Programme on Prevention of Food Wastage

JSS Medical Hospital, Mysore, organized a Walkathon programme on 29<sup>th</sup> September 2013 on the occasion of World Heart Day.

Around 50 NSS volunteers of JSS Dental College and Hospital participated part in the programme conducted at the JSS Medical Hospital premises, M. G. Road. The inauguration was held at 7.30 am, the walkathon was for 3 kms, which was fatigued, made us realize how important to be fit. The programme was organized to spread awareness about how, in the modern world we neglect about our health issues and worry more about our appearances.

#### 10) Programme on “World Peace & Humanity” By Mr. Gyanendra Singh

The NSS unit JSS Dental College & Hospital conducted on education and informative session by Mr. Gyanendra Singh in the Sri Gowrishankara Auditorium on 21<sup>st</sup> September 2013. The programme was inaugurated by Vice Principal Dr. Anilkumar Gujjari, welcoming and introduction of the Chief guest was done by Dr. Ravi M.B. around 100 NSS volunteers of JSS Dental College & Hospital took part in the programme. Mr. Gyanendra Singh came a long way from his home Jharkhand, to spread his beliefs, Strength, will power, on nothing



but a cycle and the company of his own. He proposed that man will learn the meaning of life after he has unchained himself of the spoils and leisure's that life gives. He enlightened all the 1<sup>st</sup> & 2<sup>nd</sup> year BDS students with his fun-coming attitude. All the members and students were given snacks, tea & coffee. The Programme went a for about 2 hour.

#### 11) NSS Awareness Programme on Women Empowerment and Security

As part of N.S.S. activity at JSS Dental College & Hospital, JSS University, had organized a talk on 10<sup>th</sup> October 2013. The guest of the day Dr. Dharanidevi Malagatti, SP, Deputy Director, Karnataka State Police Academy, Mysore spoke on '**Women empowerment and security**'. She emphasized on the empowerment of women through igniting the '**Power within**' which is very essential before the actual empowerment. She also enlightened on importance of decision making authority, self awareness and to ascertain ourselves.



Our society should also concentrate on placing men and women on equal footing. She said that the gender discrimination occurred from the birth of a child through all stages of life. It is not by birth that women are delicate and weaker; it is the societal upbringing that makes so. Hence, it is essential for a paradigm shift in the upbringing of girl child. Though there are numerous laws which can protect her, it is the courage within her which has to be invoked in order to utilize them in the right way at the right time.

The Dr. B Nandlal, Principal also addressed the gathering. The programme was welcomed by Dr. Ravi M.B., N.S.S Officer and vote of thanks was proposed by Dr. M. R. Dhakshaini, Vice Principal (Academics). The occasion was graced by Dr. Anil Kumar Gujjari, Vice Principal (Hospital Administration), Students and Staff of J.S.S Dental College and Hospital

#### 12) Environment/waste land development programme.

Plantation of saplings was done on the occasion of Pharmacist's Day celebration on 25<sup>th</sup> September 2013.



13) **Health and Family Welfare:** Free Healthscreening service camp for diabetes and hypertension on the occasion of Pharmacist day celebration was conducted on September 25, 2013. More than 780 citizens of Mysore took the benefit of the camp.



#### 14) Blood Donation Camp

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 70 volunteers from JSS Medical College donated blood on this



occasion.

15) **Health checkup camp:** On 25-09-2013 NSS Volunteers with the other students of the College Participated actively in Free Healthscreening service camp on the occasion of **Pharmacist day celebration** on September 25, 2013. More than 780 citizens of Mysore took the benefit of the camp. NSS Volunteers with the other students of the College conducted a Bike Rally to create awareness about Pharma Profession and services provided by a Pharmacist on the occasion on September 25, 2013.



16) **Celebration of Teachers day:** NSS Volunteers with the other students of the College celebrated Teachers Day with lots of humility and thanked all the teachers for their successful carrier so far.

17) **Republic day celebration:** Republic day was celebrated on 26<sup>th</sup> January 2014. Dr. Manjunatha B., Registrar, JSS University and Dr. H. Basavanagowadappa, Principal, JSS Medical College and other dignitaries along with NSS Volunteers were present.

## **Special camp Report**

### **JSS Medical College, Mysore**

The NSS Unit of JSS Medical College conducted the NSS one week special camp at tribal haadiof Bharathwadi village, Hungodhobli of Hunsur Taluk. On 16<sup>th</sup> march the inaugural function of the camp was held in the presence of dignitaries like Sri Jagadeesh K-Assistant Commissioner who said NSS was the dream of Gandhiji, stay in a village gives us a picture of problems and condition of India. This is a very good opportunity to know the rural India. People say doctors do not want to work in village, but here it is proved that doctors were also interested to work in rural area. We should create an awareness of health and importance of sanitation in the villages, Dr. Keerthi, Taluk medical officer Hunsur, Prof. Gurupadaswamy-, Professor of Economics, Ex-coordinator Maharaja college, Mysore University, Gangadarappa H.V. -NSS coordinator, JSS university, Dara Mahesh-gram panchayath president doddahajjura village and Shahtaj, SDMC president, grampanchyath member of bharathwadi. All dignitaries guided the NSS Volunteers to give awareness regarding national health programs which are available to villagers and tribal people and also to know about the life style and disease patterns among tribal people. The Medical camp which commenced from the 17<sup>th</sup> march 2014 was spanned over 6 days. Each day saw consultants from different departments like Medicine, Surgery, Paediatrics, OBG, ENT, Ophthalmology and Orthopaedics extended their services from 9.30am to 1 30pm.

Patients were examined by the doctor, the required medicines were dispensed free of cost and if further treatment was needed, were referred to JSS Hospital, Mysore. In addition other services like ECG and Blood glucose test were done. It is with pride that we state that a total of 856 patients received the benefit of these services and medicines were distributed free of cost to the patients. True doctors are not only those who heal but are also those who empower people and play a role in prevention of the disease-with this aim, every afternoon lecture programmes were organized to educate the general public, the young children as well as the NSS volunteers regarding interesting topics of social relevance. Dr. Praveen Kulkarni enlightened about rabies and its prevention, Dr. Hugar Siddalingappa who spoke about 'The diseases caused by mosquitoes and its prevention'. Dr. Arun Balamatti, Krishi Kignana Kendra, suttur spoke about role of medical graduates in the development of nation. INDIA LIVES IN VILLAGES. 99% of food is produced in villages with lack nutrition. Villages have turned out to be old age homes,

importance of health and life insurance to village people, awareness about having toilets and prevention of open air defecation. Dr. Shrinivas B. M. Asst. professor in community medicine and Dr. Somshekhara HOD, Post Graduate department of medico social work spoke about Tribal settlements their life style and traditions. Dr. Kavitha created awareness to village people and school children regarding Oral health and hygiene.

The valedictory function was held on the 22<sup>nd</sup> march Dr. Manjunatha B., Registrar JSS University, Sri Satish Chandra SR Administrative officer, JSS Medical college, Sri Prasanna Kumar HV Head Master, Primary School of Bharathwadi, Smt. Sheelavathi HM of Ashram School and Sri Hangod Nataraj press club president were present. It was indeed unique as we went through the lanes of the village, walking amidst the sound of the dhol, enacting the street plays which were on Health education for villagers. Dr. Sunil Kumar NSS Program Officer, Dr. Prashant, Dr. Siddalingappa and Dr. Harshith coordinated the whole camp.



## **JSS Dental College and Hospital, Mysore**

With the blessing of his Holiness Jagadguru Sri SriShivarathriDeshikendraMahaswamagalu, NSS camp commenced on 17-2-2014. On the inaugural day we reached Belagola village by 10.30. The accommodation which was provided by the villagers for the purpose of accommodation was cleaned by NSS volunteers. Individual responsibilities were given to each volunteer for seven days regarding special camping activities.

The inaugural function started at 3.00pm in the government school premises. Dr.Manjunatha B, registrar, JSS University, Mysore, inaugurated the special camp by hoisting the NSS flag and lighting the lamp and addressed the NSS volunteers stressing the importance of NSS in rural development. Dr. B Nandalal, the Principal of JSS dental college and hospital, Mysore, was present as the chief guest, who emphasized on the unique blend of volunteers, coming from various corners of the nation and the requirement for the upliftment of general health awareness in rural areas and also shared a few words about the youth empowerment. He wished all the NSS volunteers a successful and prosperous camp. Dr. Anil Kumar Gujjari, Vice principal, of JSS Dental College & Hospital and Dr. Dakshayini M.R, Vice principal of JSS Dental College & Hospital, were present in the function.

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

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

Cardiac camp was organized where check-up and treatment was done. About 150 patients were diagnosed and given the treatment.

It was lead by Dr.ArunSrinivas and his dedicated team. On this day, around 75 echocardiograms were done and patients were distributed drugs including calcium, iron, multi vitamins, analgesics, antipyretics and antacids tablets in the camp. The programme went up to 2:00 pm.

Also, throughout the camp, the villagers and the patients who were present in the camp, were examined and educated about the importance of maintaining oral health and its effects on the cardiac health. The lecture was given by Dr. Dakshayini M.R, Vice principal of JSS Dental College and Hospital. About 250 people were educated about the hazards of poor oral hygiene.

The day was scheduled for 'Paediatric and Pedodontic camp' which was lead by the experienced doctors of JSS Medical Hospital and Pedodontist of JSS Dental College and Hospital.

About 300 children, including the students from the Government school and few other children from Belagola village were treated for general and oral health problems. A total of 15 extractions and 135 pit and fissure sealants were done. The children aged between 4 years to 15 years were diagnosed and treated. Around 1000 medicaments were distributed to the children throughout the

day. All children were educated on how to take care of their oral hygiene and brushing demonstrations was given

The chief guest, Smt. Kokila, Deputy- Registrar, JSS University, Mysore, was present on the day. The paediatric camp went on upto 2 pm which was then followed by a talk at 3pm on Women's Health which was vividly given by Dr. Suma K.B. to all the women in the community of the Belogola village. She spoke about the importance of maintaining health, cleanliness, hygiene among women. She stressed mainly about women health and its role in causing various diseases. All the women present for the lecture showed positive response and thanked the NSS team for the arrangement.

The topic for the debate was Child Marriage. The students spoke extremely well and the prize was given to the team that spoke against the children marriage.

Awareness about Oral Health and Hygiene among the village people. The village people were not only given awareness but also screened and treated. About 75 people were diagnosed and treated. About 25 fillings and 30 scaling were performed. The camp and the awareness programme was lead by the experienced dentists of JSS Dental College and Hospital and it went on till 2pm, after which the volunteers and the doctors proceeded for lunch.

It was then followed by a guest lecture, by Professor C.G. Saraswathy, retired Professor of Food and nutrition, Mysore University. She gave a lecture on 'Food and nutrition'. She spoke about the importance of following a proper balanced diet. She also highlighted the importance of fruits and vegetables to help maintain a balanced diet and about the blood related disorders. Sri B.R. Shashikumar and Sri B. Ravi Kumar, both members of the gram panchayat of Belagola, presided the programme. Several villages and staff of JSS Dental College also attended the camp and made the programme a great success.

In the evening, the volunteers were engaged in sports activities like cricket and volleyball with the youth of the village until they were completely exhausted at 8.00 pm.

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

Dental health check up by the doctors of JSS Dental College. The camp started at 9.30 am and many people were benefitted from the health checkup programme. Around 90 people were benefitted, as most of them were given free treatment. Around 20 Extractions, 45 Fillings and around 30 scalings were done. Also, free medicines were distributed to the patients.

The programme concluded by 2.00 pm. The volunteers had their lunch and relaxed until 3.00 pm, after which there was a guest lecture by Smt. K.N. Kalpana, lecturer of the Government PU College, Mandya, on the topic - life skills and HIV-AIDS.

It imparted knowledge to the high school and PUC students. She spoke about how one's attitude towards life should be, how one should retain the values and highlighted about the path to be followed in reaching goals in life. She related all these lifestyles to awareness and Knowledge on HIV-AIDS.

The lecture programme concluded by 5.00 pm. This was followed by various competitions organized for the school children. It included drawing, coloring, and debate, pick & speak and quiz competition. Staff of JSS Dental College & Hospital also attended the camp.

The programme was a big success and it concluded by 7.00 pm. All the volunteers had their dinner by 8.30pm. The meeting was held at 9.00 pm, the report was made and submitted and discussed about that day's activity and the proposed activities for the next day.

The sixth day was the last day for conducting the camp. This day was scheduled for an Ayurvedic camp lead by the renowned ayurvedic, Dr.N.V. Krishnamurthi, Drector of PragnaKuteeraAyurvedic Centre, Mysore.

The day commenced as usual with the hoisting of the flag and singing of the NSS prayer after which the breakfast was served at 8.00 am to all the volunteers. The camp commenced on arrival of the Dr. Krishnamurthi and his team at 9.45 am Around 90 people were diagnosed and treated and free medicines were also given to the senior citizens diagnosed with joint pain.

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

This was followed by lecture on 'Youth of India' by Professor Ravi, Principal of Talent PU College, Hunsur. He spoke about the strength of youth, and their capability in bringing India forward. It was a thought provoking speech that inculcated positive interest among children. The speech was concluded at 5.30 pm.

In the evening a 'street play' was performed, which mainly portrayed the importance of general health & hygiene and the importance of consulting doctors in case of health issues.

The NSS flag was hoisted by Sri. Suresh, President of grampanchayathBelagola. The NSS prayer was sung by the NSS volunteers, which was followed by a exercise and a light breakfast at 8.00 am.

The chief guests for the day were, Dr. SudeendraBhat, Deputy examination controller of JSS University, Mysore and Dr. Nandalal, Principal of JSS Dental College and Hospital, Mysore. The other guests present for the valedictory function included Sri. Ramesh Babu, MLA of Srirangapattana, Mandya . The programme began with an invocation song by Dr.Vinni Plato, House Surgeon, JSSDC. Dr Ravi M.B., NSS programme officer, welcomed the Chief guests and the 6 day camp report was read.

The chief guest, Dr.SudheendraBhat, addressed the gathering and said, the NSS special camp was an excellent opportunity for the students to learn and understand human values. He became nostalgic as he was an NSS volunteer himself and shared a few experiences during his times. Dr. B. Nandalal thanked one and all for their co-operation in organizing the camp. The Principal, Vice principals and a few members who were present at the function were briefed about the events that took place in the camp which included various cultural activities, distribution of Medicines and street plays were done to educate the villager about oral health and general health. It was then followed by the prize distribution to the school children who excelled in various competitions that were conducted throughout the six day camps. The programme concluded with National Anthem.

We concluded the NSS special camp and commenced our journey back home. We started from Belagola at 2.00 pm and reached Mysore by 2.40 pm. All volunteers reached home safely. The NSS VOLNTEERS shared their feelings of togetherness that they had experienced throughout the camp. They were happy that they were the part of this programme and this experience would change their outlook on life.



## JSS College of Pharmacy, Ooty

With the blessing of his Holiness Jagadguru Sri Sri Shivarathri Deshikendra Mahaswamagalu, NSS camp commenced on 19-2-2014. The camp was organized in Anakkatty Village for seven days. Cleaning of school, water tank of the village was done on the first day of the camp. Plant sapling was done in association with forest department. Trekking, health screening, diagnosis and awareness programmes were organized in the camp. Mr. R. Sureshkumar was the programme officer for the camp. All the staffs of the college visited to camp. The NSS Special camp was ended with Valedictory function on 25<sup>th</sup> February 2014. R. Sureshkumar welcomed the guests and Mr. GNK Ganesh proposed vote of thanks.

## JSS College of Pharmacy, Mysore

Programme started with the invocation by singing NSS Song by Mr. Sripad and Mr. Sidath Jain of II B.Pharm. **Mr. Naveen** of I B.Pharm welcomed the dignitaries and guests. Special Annual Camp-2014 was **inaugurated** by **Dr. G. Parthasarathi**, Dean, JSS University, Mysore, **Sri. Gurupada Swamy**, Professor, Maharaja College, Mysore, **Sri. Vasudeva Bhat**, Prop. Ramya Creation, Mysore, and leaders of village Kalmalli and other dignitaries by lighting lamp.

**Dr. G. Parthasarathi** addressed the villagers asking villagers to make best use of the camp. He also suggested volunteers to utilise this opportunity to serve villagers, to have a clear exposure of village life and to gather knowledge.

**Vote of thanks** was proposed by **Dr. K. Mruthunjaya**, he memorized the support and encouragement of villagers of Kalmalli in organizing the said camp. He thanked all the dignitaries and guest for their esteemed presence.

Free health check-up and treatment in association with JSS Hospital, Mysore, and had a very good response and around 150 members got benefited with this programme. This continued up to 1.30 PM. Free Dental camp and Treatment was organised at Kalmalli from 9:00 AM to 1:00 PM. A team of doctors had come from the JSS Dental College and Hospital. About 100 patients of Kalmalli and neighbouring villages got benefited with free check-up and medicines.

In the evening guest lecture was organized on black magic and superstition by Sri. Bhavani Shankar, Head Master, Sri Maddaneshwara High School, Padagur, Gundlupettaluk, Chamaraja Nagar. There was a good crowd and the programme was a huge success.

**On Friday, 21/03/2014**, Free Veterinary camp and Treatment was organised at Kalmalli from 6:00 AM to 11:00 AM. A team of doctors had come from the Nanjangud taluk, organised by group 2\* and 3\*. About 150 domestic animals of Kalmalli and neighbouring villages got benefited with free check-up and medicines, simultaneously free ayurvedic camp was organised in which more than 100 people of Kalmalli and neighbouring villages got benefited with free check-up and medicines.

In the evening programme on AIDS by Prof. Sathyanarayan, Professor, Basudeva Somani College, Mysore. Dr. Adepu Ramesh Professor, JSS College of Pharmacy, Mysore educated the

villagers on the Safe Use of Medications and Mr.B.R.Jaidev Kumar educated the villagers on Drug and Poison information centre at JSS Hospital, Mysore

There was a good crowd and the programme was a huge success

**On Saturday, 22/03/2014**Free medical camp and Treatment was organised at Kalmalli from 9:00 AM to 1:00 PM. A team of doctors in which ortho and paediatrics had come from the JSS medical college and hospital organised by group 2\*. About 100 peoples of Kalmalliand neighbouring villages got benefited with free check-up and medicines.

Educating the people on use of water and ground water by **Ms. Padmaja**,Geologist,Underground Water Survey Unit,Department of Geology and Mining, Govt. of Karnataka,Mysore. There was a good crowd and the programme was a huge success

**On Sunday, 23/03/2014**Free Technical service camp (repairing of electric goods free of cost) by JSS Women's Polytechnic College Mysore, and had a very good response and around 50 members with various electric goods got benefited with this programme.In the evening important talk on consumer law and demonstration on adulteration by veteran consumer activist **Sri. C. V. Nagaraj**.There was a good interaction with the crowd and the programme was a grand success

**On Monday, 24/03/2014**, the day began with the cleaning of KVK by all the volunteers of their respective rooms and followed by breakfast prepared by (group 3\*& 4\*) then we started cleaning the KVK premises till 1:00PM .

After finishing cleaning the KVK premises all the volunteers had lunch organized by group 3\*& 4\* then took rest for some time then all the volunteers headed towards the camp area to organise valedictory function.

**NSS Programme coordinator**

**Registrar**

**JSS University, Mysore**

**Date:31/03/2014**

**Place: Mysore**