



JSS Academy of Higher Education & Research

(Deemed to be University)
Accredited "A+" Grade by NAAC



JSS Academy of Higher Education & Research
Sri Shivarathreeshwara Nagara,
Mysuru-570015

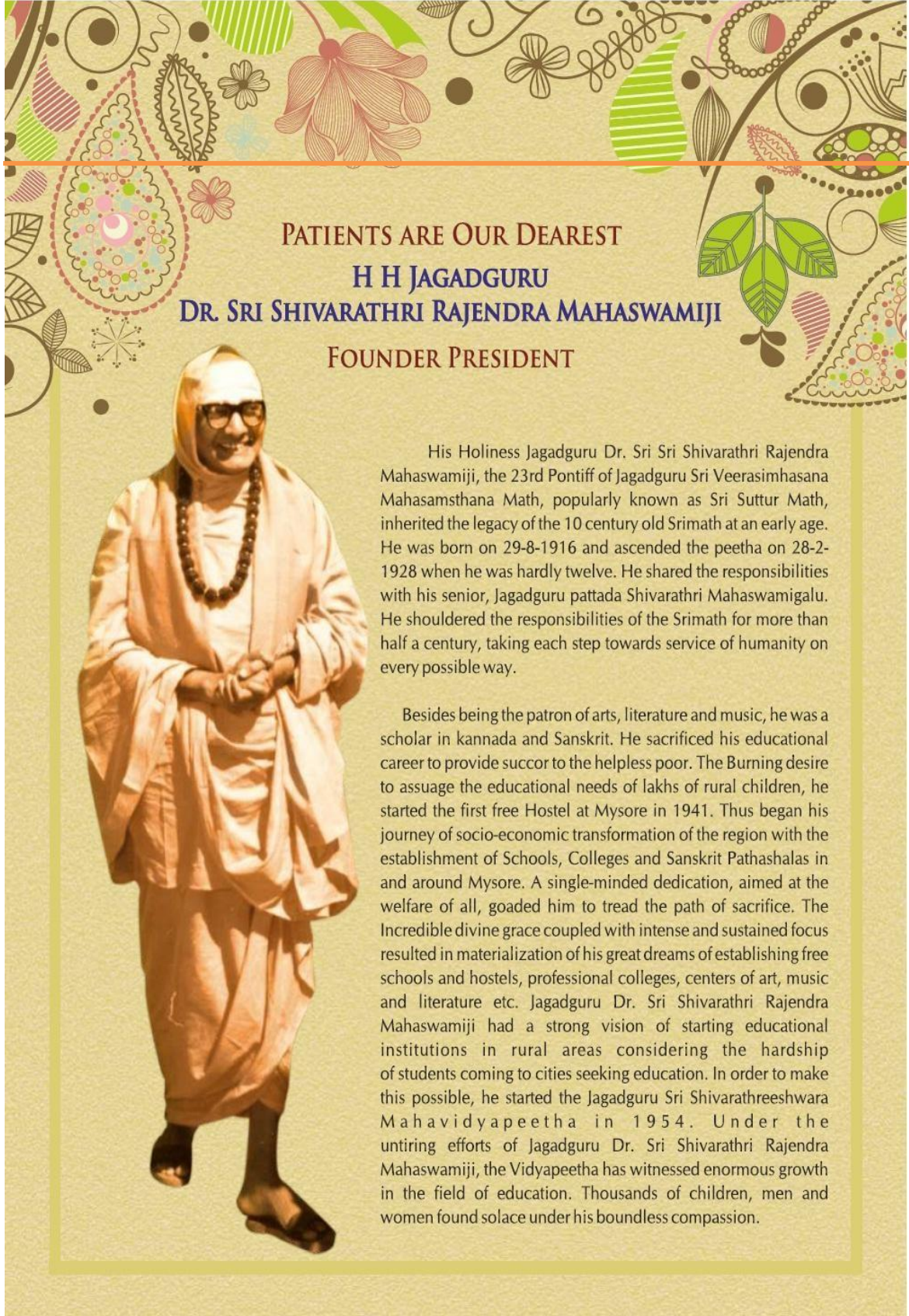
National Service Scheme (NSS)

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Annual Report 2022-23



PATIENTS ARE OUR DEAREST
H H JAGADGURU
DR. SRI SHIVARATHRI RAJENDRA MAHASWAMIJI
FOUNDER PRESIDENT



His Holiness Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji, the 23rd Pontiff of Jagadguru Sri Veerasimhasana Mahasamsthana Math, popularly known as Sri Suttur Math, inherited the legacy of the 10 century old Srimath at an early age. He was born on 29-8-1916 and ascended the peetha on 28-2-1928 when he was hardly twelve. He shared the responsibilities with his senior, Jagadguru pattada Shivarathri Mahaswamigalu. He shouldered the responsibilities of the Srimath for more than half a century, taking each step towards service of humanity on every possible way.

Besides being the patron of arts, literature and music, he was a scholar in kannada and Sanskrit. He sacrificed his educational career to provide succor to the helpless poor. The Burning desire to assuage the educational needs of lakhs of rural children, he started the first free Hostel at Mysore in 1941. Thus began his journey of socio-economic transformation of the region with the establishment of Schools, Colleges and Sanskrit Pathashalas in and around Mysore. A single-minded dedication, aimed at the welfare of all, goaded him to tread the path of sacrifice. The Incredible divine grace coupled with intense and sustained focus resulted in materialization of his great dreams of establishing free schools and hostels, professional colleges, centers of art, music and literature etc. Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji had a strong vision of starting educational institutions in rural areas considering the hardship of students coming to cities seeking education. In order to make this possible, he started the Jagadguru Sri Shivarathreeswara Mahavidyapeetha in 1954. Under the untiring efforts of Jagadguru Dr. Sri Shivarathri Rajendra Mahaswamiji, the Vidyapeetha has witnessed enormous growth in the field of education. Thousands of children, men and women found solace under his boundless compassion.



JSS Academy of Higher Education & Research (JSSAHER),

Mysuru, Karnataka, India

JSSAHER'S Social Responsibility Statement

'Touching the lives of Millions'



Proud moment

**His Holiness Swamiji-
Chancellor with Excellency
Late Dr. APJ Abdul Kalam
Former President of India**

JSS AHER'S Social Responsibility is an approach of ethical and intelligent management, which involves both its impact on its human, social and natural context, and its active role on the promotion of Sustainable Human Development of the country. Within this approach, "Sustainable Campus" is a strategy that strives to reduce the ecological footprint of the Institution via a rational use of resources and to educate the JSSAHER community on the ethics of sustainability.

JSSAHER with the legacy of more than 1000 years of its Founding organization Sri Suttur Math and the sponsoring society-JSS Mahavidyapeetha is acutely aware of its social responsibilities and is confident in stating that it already goes well beyond what is expected of an organization.



JSSAHER and its Social Responsibility

Although Corporate Social Responsibility (CSR) is a relatively new concept, JSSAHER has embraced CSR principles based on the contributions made for several decades, particularly at a local and regional level. An organization's internal and external practices can influence their employees, customers, partners and environment in a positive manner.

This document highlights our commitment to CSR locally, regionally, nationally and internationally. The JSSAHER's vision is nurture and develops the talents of students and to create applicable knowledge in order to support social and economic advancement.

Social Responsibility is part of the JSSAHER'S Strategic plan and is important to our Institution, Faculty and students and aims at making Organizational, Cognitive, social and educational impact.

JSSAHER is committed –

1. To promote ethical standards to be adopted by students, staff and other members of JSSAHER community.
2. To raise the educational aspirations of people in the community, as well as across the country and encourage their greater participation in higher education.
3. To encourage an inclusive environment without barriers to achievement, where students and staff are highly valued, based on mutual respect.
4. To provide a Higher Education Institute campus environment and range of facilities, both educational and recreational, which are attractive, accessible and stimulating.
5. To integrate with and support the needs of our community and our region.
6. To embrace environmental responsibility and sustainable development principles, to make a positive contribution to urban regeneration and to ensure that any adverse environmental impact of our activities is minimized.



Touching the lives....

To the students

1. As a most respected Higher Education Institute in the health sciences attract students from a range of backgrounds nationally and internationally.
2. Listening and responding to the student voice, with a shared understanding of our mutual responsibilities.
3. Providing a range of student support that covers all issues including support too low income group students.
4. Student preparation towards a responsible citizenship for a Sustainable Development.

To the staff

1. Adopt best practices in its Human Resources Management policies and Practices.
2. Assist staff to develop their full potential as members of the JSSAHER's workforce and provide opportunities for professional development.
3. Observe the fundamental tenets of human rights, safety and non-discrimination.
4. Provide fair compensation and implement minimum wages policy.
5. Involve employees in the decision making processes, where appropriate.
6. Providing opportunities for staff to undertake projects with local communities.



To our environment

1. Ensure that the developments in JSSAHER are sustainable and do not have a negative impact on the environment.
2. Promote the concepts of the 3Rs of Reduction, Reuse and Recycling and eliminate, where possible, the use of non- degradable materials.
3. Aim for a continuous reduction of the carbon footprint of the Institution.
4. Provide equipment, training and other resources to ensure a healthy and safe environment for the students and staff.
5. Continuously work and evolve environmental improvements in the way we manage our transport, waste and energy.

To our City and our community

1. To work with the City of Mysore and regional partners to raise the health profile of the City and the Mysore and neighboring districts ; and in partnership help secure the economic, health, social and cultural regeneration of the City and region.
2. Enriching the Institution and City socially, culturally and economically, with our diverse and vibrant student population.
3. Make significant and major contributions through our Faculty to the Social Responsibility agenda including:
 - the training of the future health professional workforce
 - the ongoing support for health professionals
 - support JSS Hospital to provide access to quality healthcare at affordable costs
 - Nurture and contribute to research that impacts healthcare and health policies and makes significant contribution to national and global health.
4. Working with young people in local schools:
 - to discuss health and science and its relevance to their everyday lives
 - to inspire them to consider careers in science and health and apply to Institution in the future
 - to devise creative and fun activities to help engage them
5. By involving the public/patients in our work to improve the quality of our teaching and healthcare delivery.



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Proud to be touching the lives of millions!

Being socially responsible, be it as an individual, a group, or an organization is something we believe in very strongly and it makes us proud, as a Higher Education Institution, to highlight our commitment in this area. JSSAHER is acutely aware of its responsibilities to its community, its city and its wider environment and the way it touches the 'Lives of Millions'.

JSS Academy of Higher Education & Research

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Mysuru-570 015,

Karnataka, India

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NATIONAL SERVICE SCHEME**NSS ANNUAL REPORT-2022-23**

JSS Academy of Higher Education & Research, Mysuru

	Report for the period ending.	01 st APRIL 2022 TO 31 st MARCH 2023		
BASIC INFORMATION ABOUT UNIVERSITY				
	State	Karnataka		
	University	JSS Academy of Higher Education & Research, Mysuru		
	Name of the Programme Coordinator	Dr. K L Krishna		
	Whether part time/full time	Part Time		
	Date of appointment	Day	Month	Year
		01	04	2016
	No. of supporting staff for NSS at University/+2 level (including Programme Coordinator)	01+01		
	Date of last meeting of University level Advisory Committee	Day	Month	Year
		26	07	2019
	NSS volunteers' strength:	600		
	Total No. Of student population of the University	11,890		
	NSS strength allocated by State Government	645		
	Actual No. Of NSS volunteers			
	Male 385 Female 280	Total 665		
	No. of colleges having NSS	07		
	Total No. Of NSS units	07		
	No. Of programme officer in position	07		
	No. Of programme officers trained	01		
	No. Of villages /slums adopted	07		
FUNDS FOR NSS REGULAR/SPECIAL PROGRAMMES				
	Funds received by the University	4,15,000.00 dated 21 st Dec 2022		
	for Regular activities	for Special Camps		



	Received in four instalments	Received in four instalments
	Amount received Rs. 2,40,000.00	Amount received Rs. 2,10,000.00
	Day Month Year	Day Month Year
	Received in four instalments	Received in four instalments
	Per capita expenditure for establishment at university	Rs. 500/Volunteer
	SPECIAL CAMPING PROGRAMME	
I)	Total No. Of volunteers participated	300
ii)	No. Of camps organized	06
Activity description: (column under which no activity has been conducted may be left blank)		
(1)	<u>LITERACY</u>	
1.1	No. Of student volunteers participated	Male 360 Female 205
1.2	No. Of villages/slums adopted for total literacy.	07
1.3	Total No. of illiterates	Male 678 Female 578
1.4	No. of persons made literature	Male 365 Female 325
1.5	No. Of villages/adopted areas made full literature: (indicate literacy status/percentage attained in the adopted area) attach list.	Nil
2	ENVIRONMENT/WASTELAND DEVELOPMENT AND CONSERVATION	
2.1	No. Of camps organized	05
2.1.1	Tree plantation (van)	Nil
2.1.2	No. of saplings planted	380
2.1.3	Rate of survival (no. Of plants survived/total no. Of plantation x100)	73%
2.1.4	Area proposed to be covered	_____ Hectares
	Actual area covered	_____ Hectares
2.1.5	Any other environment programme	
	area covered	
	No. of beneficiaries	
2.2	Reconstruction/repair of roads	
2.2.1	Distance laid	_____ Kms.
2.2.2	No. of days	
2.3	Water shed conservation and drinking water facilities:	
2.3.1	No. of camps/camping's organised on the me	06



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2.3.2	No. of wells/cross bunds/water shed/harvesting structures/irrigation canals/any Other planned	Nil
2.3.3	No. of such facilities created	
3	HEALTH AND FAMILY WELFARE	
3.1	Immunisation/health camps	18
3.1.1	Immunisation/health camps conducted	28
3.1.2	Details of health programme organised & beneficiaries	Free Health Screening, Vaccination awareness
	Health programme (specify)	Male 48 Female 75
3.2	BLOOD DONATION CAMPS.	
3.2.1	No. of blood donation camps conducted	06
3.2.2	No. Of units of blood collected	410
3.3	Population education:	--
3.3.1	Immunisation/health camps conducted	18
3.3.2	No. Of persons covered	Male 618 Female 465
3.4	Eradication of drug abuse:	
3.4.1	No. of camps/awareness camping's held	9
	No. of beneficiaries	Male 400 Female 300
4.	PROGRAMME FOR WOMEN	
	Nature of programme:	
4.1	No. Of camps organised	03
4.2	No. Of beneficiaries	435
4.3	Campaign against social evils (if any)	AIDS Awareness, Drug abuse, Alcohol rehabilitation, sexual harassment, health and hygiene etc.
5.	WORK IN HOSPITALS, ORPHANAGES & DESTITUTE HOMES :	
5.1	No. of persons benefitted	570
6.	WORK DURING EMERGENCIES	
6.1	Type of work: Cyclone/Earth quake/ Floods/Draught/ Riots/Other Areas (specify)	Nil
6.2	No. Of persons benefitted	---
7.	AIDS AWARENESS (UTA)	
7.1	No. Of colleges/+ 2 schools identified	08
7.2	No. Of programme officers trained	Nil

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7.3	No. Of peer educators trained	06
7.4	No. Of beneficiaries	657
8.	Any other programme not covered above, please give statistical data in 50 words:	Given under University, regular and special camping activities

Place: Mysuru

S/d

Date: 4th September 2023

Signature of the Programme Coordinator NSS



UNIVERSITY LEVEL ADVISORY COMMITTEE MEETING

Friday, 26th July 2019 at 11.30 am in Board Room,

JSS Academy of Higher Education & Research, Mysuru

Members Present

- | | |
|--|------------------|
| 1. Dr. Basavana Gowdappa H, Vice-Chancellor, JSS AHER, Mysuru. | Chairman |
| 2. Dr. B. Manjunatha, Registrar, JSS AHER, Mysuru. | Member |
| 3. Mrs. Kokila M.S. Deputy Registrar (Sr. Grade), JSS AHER, Mysuru. | Member |
| 4. Sri. C.C. Hiremath, Finance Officer, JSS AHER, Mysuru. | Member |
| 5. Prof. Gurupadaswamy, Ex. Professor of Economics, Maharajas College,
Former NSS Programme coordinator, University of Mysore, Mysuru | Member |
| 6. The Principal, JSS Dental College & Hospital, Mysore | Member |
| 7. The Principal, JSS Medical College, Mysuru. | Member |
| 8. The Principal, JSS College of Pharmacy, Mysuru. | Member |
| 9. The Head, Dept. of Life Sciences. | Member |
| 10. Dr. HV. Gangadharappa, JSS College of Pharmacy, Mysuru | Member |
| 11. Dr. Sunil Kumar. D Ex-NSS POs, JSS MC, Mysuru. | Member |
| 12. Dr. Tippeswamy M H, NSS PO, JSS Dental College and Hospital, Mysuru. | Member |
| 13. Dr. Gowrav, M.P. NSS PO, JSS College of Pharmacy, Mysuru. | Member |
| 14. Dr. Raghu Ram Achar, NSS PO, JSS University Dept. Mysuru | Member |
| 15. Dr. Babu, NSS PO, JSS College of Pharmacy, Ooty. | Member |
| 16. The Volunteer, NSS Unit, JSS Medical College, Mysuru | Member |
| 17. The Volunteer, NSS Unit, JSS Dental College & Hospital, Mysuru. | Member |
| 18. The Volunteer, NSS Unit, JSS College of Pharmacy, Mysuru. | Member |
| 19. The Volunteer, NSS Unit, JSS College of Pharmacy, Ooty | Member |
| 20. The Volunteer, NSS Unit, JSS University Dept., JSS AHER, Mysuru | Member |
| 21. Dr. K.L. Krishna, NSS PC, JSS AHER, Mysuru. | Member Secretary |



Members sought leave of absence

- | | |
|---|--------|
| 1. Dr. Gananatha Shetty, State NSS Officer, MS Building, Bengaluru | Member |
| 2. Regional Director NSS, Basavanagudi, Bengaluru | Member |
| 3. The Principal, JSS College of Pharmacy, Ooty. | Member |
| 4. Dr. Chandrashekar, NSS Program Coordinator and Coordinator,
NSS ETI Center, UoM, Mysuru | Member |
| 5. Dr. V. Balamuralidhara, Asst. Professor, JSS CP, Mysuru. | Member |



Dates of College level NSS Advisory Committee held for the year 2022-23

College	Dates
JSS Medical College, Mysuru	15/07/2022
JSS Dental College & Hospital, Mysuru	20/09/2022
JSS College of Pharmacy, Mysuru	17-07-2022
JSS College of Pharmacy, Ooty	---
SLS, JSS AHER, Mysuru	03/12/2022
HSMS, JSS AHER, Mysuru	15/10/2022
SLS, Ooty	---

Details of Special Camp activities 2022-23

NSS Unit	Dates of Special Camp	Village
JSS Medical College, Mysuru	20 th to 26 th February 2023	Someshwarapura Gram Panchayat limits, T Narasipura Taluk.
JSS Dental College & Hospital, Mysuru	20 th to 26 th February 2023	Kochanahalli, Mysuru Taluk
JSS College of Pharmacy, Mysuru	16 th to 22 nd March 2023	Mahadevapura, Shrirangapattana Taluk, Mandya District
JSS College of Pharmacy, Ooty	-----	-----
SLS, JSS AHER, Mysuru	24 th to 30 th March 2023	Balenahalli Village, Shri Rangapattana Taluk, Mandya
HSMS, JSS AHER, Mysuru	24 th to 30 th March 2023	Balenahalli Village, Shri Rangapattana Taluk, Mandya
SLS, JSS AHER, Ooty	-----	-----



BUDGET AND MONETIZATION OF NSS ACTIVITIES 2022-23

Total Amt received for NSS activities 2022-23			Total Monetization		
Activity	Amt in Rs	Grand total in Rs	Activity	Amt in Rs	Grand total in Rs
Regular activities (Govt.)	2,40,000.00	8,65,000.00	NSS Regular activities	5, 02,520.00	15,57,220.00
Special Camping Activities (Govt.)	2,10,000.00		NSS Special Camping Activities	10,54,700.00	
From JSS AHER	4,15,000.00				
Total societal contribution				6,92,220.00	



UNIVERSITY LEVEL NSS ACTIVITIES 2022-23

1. Participation of our volunteers in NIC- 6 NSS Volunteers from our University participated in NSS National Integration Camp held from 29.12.2022 to 04.01.2023 at Adichunchanagiri University, Belluru

Sl No	Name	Class	College
01	Akshay H.K	2 nd D.Pharm	JSS College of Pharmacy, Mysuru
02	Deepak R	2 nd D.Pharm	JSS College of Pharmacy, Mysuru
03	Rajath Nag. R	2 nd D.Pharm	JSS College of Pharmacy, Mysuru
04	Meghana U	2 nd D.Pharm	JSS College of Pharmacy, Mysuru
05	Kiran Seervi	2 nd D.Pharm	JSS College of Pharmacy, Mysuru
06	Tisha M	2 nd D.Pharm	JSS College of Pharmacy, Mysuru





2. Pre-independence day celebrations 2023- "Azadi Ka Amruth Mahotsava"

JSS academy of higher education and research, Mysuru had organized various literary and cultural competitions to commemorate "75th Anniversary of Independence Day Celebrations" under the slogan "Azadi Ka Amruth Mahotsava". The students from various constituent colleges/universities/departments of JSS AHER were actively participated in the programmes held from 1st August 2022 to 6th August 2022. This programme was jointly organized by JSS medical college, and JSS college of pharmacy, Mysuru.

On 1st of August "EXTEMPORE" competition was conducted on the theme "Freedom Fighters" in the auditorium JSS college of pharmacy; 5 students were participated in the event.

Sl. No.	NAME	PRIZE	College
1.	Mariya Thres	1 st	JSS Medical College
2.	J J Poorva	2 nd	JSS Pharmacy College

2nd of August **PAINTING** competition was conducted on the theme "Green Revolution" held in the auditorium JSS medical college; 12 students were participated in the event.

Sl. No.	NAME	PRIZE	College
1.	Rajeshwari	1 st	JSS Medical College
2.	Tharun D	2 nd	JSS College of Pharmacy
3.	Arya M C	3 rd	JSS Medical College

4th of August **PATRIOTIC SONG** competition was conducted in the auditorium JSS college of pharmacy; 11 students were participated in the event.

Sl. No.	NAME	PRIZE	College
1.	Shrishti Dutta	1 st	JSS Medical College
2.	Arunima	2 nd	JSS College of Pharmacy
3.	Manan Bajaj	3 rd	JSS Medical College

5th of August "QUIZ" competition was conducted on the theme "India and Independence" in the auditorium JSS college of pharmacy 22 teams including 44 students were participated in the event. Following students bagged the prizes in the event

Sl. No.	NAME	PRIZE	College
1.	Kumawath Hemanth & team	1 st	JSS Medical College
2.	Himanshu & team	2 nd	JSS College of Pharmacy
3.	Ramiz Israf Hossain & team	3rd	JSS Medical College

6th August **ESSAY WRITING** competition was conducted on the theme "Achievements of India at 75" held in the examination hall JSS medical college; 22 students were participated in the event.

Sl. No.	NAME	PRIZE	College
1.	Nimisha Sinha	1 st	JSS Medical College
2.	Kaustubh Gaur	2 nd	JSS Medical College
3.	Khushi Mittal	3 rd	JSS Medical College



All the events were coordinated by NSS team of JSS medical college and JSS college of pharmacy, and student volunteers from various colleges.

EVENT PHOTOS





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List of Activities

- Orientation Programme
- International Yoga day
- Programme on Health awareness
- Anti Ragging Rally
- Awareness programme on oral hygiene
- Awareness on digital payment
- Awareness camps for Healthful Housing
- Awareness for Environment
- Maternal & Child Health and Family Planning Camps
- School Health Programme
- Cancer Education
- Free denture checkup and treatment camp
- World Earth Day Celebration
- Guest lecture on Plastic and its harmful effects
- World Environment Day
- Adolescent Health Camps
- Awareness on "SAY NO TO CRACKERS".
- Awareness campaigns on VISAKA.
- Independence Day.
- NSS Day celebration.
- Kannada Rajyotsava Day.
- Republic Day.
- Stem Cell awareness and donor campaign.
- World Breastfeeding Week.
- World Rabies Day.
- Walkathon- Pledge a organ.
- Swachh Bharat Abhiyan.
- Teachers Day.
- Blood Donation Camps.
- NSS Day Celebration.
- AIDS awareness skit and World Aids day awareness rally.
- Pharma Rally.
- Suttur Jatra Exhibition.
- Voters day programme.



1. INTERNATIONAL YOGA DAY(IYD) 2022 – 21-06-2022

The theme for International Yoga Day in 2022 is ‘Yoga for Humanity’, which is an ancient practice intended to enlighten the physical, mental, and emotional excellence of an individual. The theme aims to inspire the yoga community for global development. The theme has been selected after much deliberation and consultation, it appropriately portrays, how during the peak of the Covid-19 pandemic, yoga served humanity in alleviating human suffering.

The 8th edition of International Yoga Day was celebrated on 21-06-2022. Honourable Prime Minister **Narendra Modi** led the IYD celebrations from the iconic palace grounds in Mysuru. He addressed the gathering on this occasion and highlighted the importance of yoga, saying it is now forming the basis of international cooperation. Addressing the main event PM Narendra Modi extended his greetings to all on the IYD and underlined the importance of yoga in achieving physical and psychological excellence. He reiterated that today yoga is being practiced in all parts of the world. The peace from Yoga is not only for individuals, but it brings peace to our nation and to the whole world.” He said that IYD has become a global festival as there is widespread acceptance of the ancient Indian practice of yoga all over the world. More than 15 thousand people have participated in international yoga day celebrations and practiced for 45 minutes in this mass gathering. A large number of NSS volunteers, staff, and students from different constituent colleges of the JSS academy of higher education and research took part in this memorable event. With the valuable support from the authorities of JSS AHER and the authorities from their respective constituent colleges, the program was conducted successfully. NSS Programme offices, Dr. M. V. Ravishankar and Dr. Manu G have coordinated the whole event.





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2. SCIENCE EXPO-2022 – 09-07-2022

Braving intermittent drizzle all through the day, over 10,000 school and college students and other Science enthusiasts from across the State took part in the Science Expo-2022 organised by **Mysore Science Foundation (MSF)** as part of its Decennial celebrations at Sadvidya Semi-residential PU College in Vijayanagar Second Stage, Mysuru on 09/07/2022.

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The programme was coordinated by Dr. Ravishankar M V (NSS Programme Officer, JSS Medical College) and Dr. Manu G (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs.



Student interaction in exhibition



Visitors in the exhibition

3. Awareness program on Human Body for High school students. World Anatomy Day Celebration

Department of Anatomy, JSS Medical College under the aegis JSSAHER, celebrated world anatomy by organising an **Awareness program on Reproductive system, GIT, Bones and Joints for High school students** on 15th October 2022. The program was co-ordinated by Dr. Ravishankar M V.



Inauguration

School students: Museum visit



4. TOBACCO, ALCOHOL, GHUTKA, ETC. AWARENESS PROGRAMME, HELD ON 27TH 2023.

'Education through Service' is the sole purpose of the national service scheme. Based on this philosophy we are organizing several NSS programmes to reach the bottom billion unprivileged population by conducting diversified social activities. The NSS wing of JSS Medical College, Mysuru had organised the programme, about educating the slum population about **"Deaddiction awareness on Tobacco, Alcohol, Gutkha, etc"** held on 27th December 2022.



Interactions with flat residents



Interactions with the labours engaged with small home industry activities

Interactions with residents

Activity Photos

Programme: Deaddiction awareness on Tobacco, Alcohol, Gutkha, etc"

Medhar block, bamboo bazar, Mysuru.

(JNNURM Apartments)

5. AIDS AND OTHER COMMUNICABLE DISEASE AWARENESS PROGRAMME HELD ON 31ST DECEMBER 2022

'Education through Service' is the sole purpose of the national service scheme. Based on this philosophy we are organizing several NSS programmes to reach the bottom billion unprivileged population by conducting diversified social activities. The NSS wing of JSS Medical College, Mysuru had organised the programme, about educating the slum population about "Awareness on AIDS and other communicable diseases" held on 31st December 2022.



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Programme: "Awareness on AIDS and other communicable diseases"

Rajarajeshwari Nagara, Medhar block, bamboo bazar, Mysuru.
(JNNURM Apartments)

6. HAR GHAR TIRANGA:

To commemorate the 75th anniversary of independence, JSS Academy of Higher Education & Research Mysore celebrated 'Har Ghar Tiranga' a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. Bringing the flag home collectively as a nation in the 75th year of independence thus becomes symbolic of not only an act of personal connection to the Tiranga but also an embodiment of our commitment to nation-building.



7. Health Screening Camp Conducted at Old Age Homes as part of Celebrations of Azadi Ka Amrit Mahotsav

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As a part of celebrations of Azadi Ka Amrit Mahotsav, Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru, in collaboration with NSS Unit of JSS AHER, Mysuru a Free Health Screening Camp and Distribution of Free Medications & Medical Devices was organized on 13th August 2022 at three different Old Age homes of Mysuru Viz., Bapuji Ananda Ashrama, JSS Old Age Home, and Sevayana Trust. The aim of the health screening camp was to sensitize the inmates of old age home about the importance of regular monitoring of health and safe use of medications. A total of 92 inmates were monitored for their blood pressure, blood glucose levels, free medications for management of minor ailments (Diarrhea, Gastritis, Body pain, etc) and free medical devices (BP Apparatus, Blood Glucose Monitoring Machine and Strips, IR Thermometer & Oximeter) worth Rs. 20000 were distributed to each home.



8. Invitation to adopt plant sapling:

JSS Academy of Higher Education & Research along with NSS of constituent colleges initiated for planting saplings and adopted 107 plants across JSS AHER campuses in commemoration of Celebration of 107th Jayanthi Mahotsava of His Holiness Jagadguru Dr. Sri Shivaratri Rajendra Mahaswamiji on 07.09.2022. Many faculty and employees of JSSAHER adopted the sapling for a period of three years by registering & submitting the online registration form in the JSS AHER website : www.jssuni.edu.in

9. Report on Blood Donation Camp:

A blood donation camp was organized on 15th November 2022 by JSS College of Pharmacy, Sri Shivarathreeshwara Nagar, Mysuru on the occasion of National Pharmacy Week Celebration in association with Indian Pharmaceutical Association, Mysuru Branch. The program was inaugurated by Dr. Pallavi, Blood Bank Officer, JSS Hospital, Mysuru. More than 100 volunteers Registered for camp with a total of 61 units of blood was collected from the students and staffs.



10. Health Screening Camp on the occasion of 61st National Pharmacy week.

As a part of 61st National Pharmacy Week Celebrations in association with Indian Pharmaceutical Association, Mysuru Branch in association with Department of Pharmacy Practice & NSS Unit of JSS College of Pharmacy, Mysuru Organized health screening camp on 16th November 2022 at three different locations viz Akkashvani circle, Bannimantappa ground & Lalith Mahal Arch between 6.00 am to 10.00 am. The aim of the health screening camp was to sensitize publics on importance of regular monitoring of health and safe use of medications to Improve the health-related quality of life among Mysuru publics. A Total of 270 general publics were monitored for their blood pressure & blood glucose levels. At the time of monitoring around 91 general publics were found to be having elevated blood glucose levels & 72 of them were having elevated blood pressure.



11. Plant Saplings on the occasion of 61st National Pharmacy week:

As a part of 61st National Pharmacy Week Celebrations in association with Indian Pharmaceutical Association, Mysuru Branch in association with NSS Unit of JSS College of Pharmacy, Mysuru on 17th November 2022 Organized Plant Saplings in the college premises. The main aim of this occasion was to prevent & creates awareness on the raised global warming to protect our nature and planet earth on this occasion everyone on the planet to get involved in environment friendly activities. People come together to pledge towards building a greener planet. Keeping this aim in view, NSS Unit of the



college celebrated Plant Saplings. The event was conducted successfully with wholehearted participation and awareness about plants. Dr. T.M. Pramod Kumar, Principal. Dr. G V Pujar, Vice Principal, JSS College of Pharmacy, Mysuru, JSS College of Pharmacy, Mysuru NSS Volunteers, teaching staffs, office staff and students were present during the event.



12. Awareness Program on Safe Use of Medicines & Distribution of Free Medicines for the Minor Ailments.

As a part of 61st National Pharmacy Week Celebration in association with Indian Pharmaceutical Association, Mysuru Branch in association with NSS Unit of JSS College of Pharmacy, Mysuru awareness Program was organized on 17th November 2022 on safe use of medicines and Distribution of Free Medicines for the Minor Ailments. The aim of the awareness program was to sensitize the General Publics of Hanumanth Nagar about the safe and quality use of medications. The awareness programs begin at the primary health care center in Bannimantappa Mysuru. The health care professionals and general publics were sensitized on safe & quality use of medicines. During the program, Publics of Bannimantappa were also provided with free medications for Minor ailments like Fever, Body pain, cold cough and headache in a separate cover mentioning its name, purpose and usage instructions and same was well received by publics. Dr. U R Rakshith & Dr Siddhartha NSS Program Officer, NSS Unit of JSS College of Pharmacy, Mysuru Volunteers were present during the camp.

ಸುರಕ್ಷಿತ ಬಳಕೆಗೆ ಉಚಿತ ಔಷಧಿಗಳ ವಿತರಣೆ

• ಕನ್ನಡದಲ್ಲಿ ವಾರ್ತೆ ಮೈಸೂರು
61ನೇ ರಾಷ್ಟ್ರೀಯ ಫಾರ್ಮಾಸಿ ಸಪ್ತಾಹ
ಆಚರಣೆ ಅಂಗವಾಗಿ ಸಂಜೆಯಲ್ಲಿ
ಫಾರ್ಮಾಸಿಟಿಕಲ್ ಅಸೋಸಿಯೇಷನ್
ಮೈಸೂರು ಘಾಟಾಂಗಿ
ಪಾರ್ಕಿಂಗ್ ವಿಸ್ತಾರ ಮತ್ತು ಜಿಎಸ್
ಎಸ್ ಫಾರ್ಮಾಸಿ ಕಾಂಪೌಂಡ್ ಎಸ್
ಎಸ್ ಫಾರ್ಮಾಸಿ ಸಹಯೋಗದಲ್ಲಿ
ಔಷಧಿಗಳ ಸುರಕ್ಷಿತ ಬಳಕೆ ಮತ್ತು
ವಿಕಾರಗಳನ್ನು ತಡೆಗಟ್ಟಲು ಬಾಳು
ಕಾರ್ಯಕ್ರಮ ಗುರುತಿಸಿ
ನಡೆಯಿತು.



ಶ್ರೀ ಶಿವರಾತ್ರೆಶ್ವರ ನಗರ, ಬಸ್ಸು
ಮಂಟಪ ಮತ್ತು ಹನುಮಂತ
ನಗರದಲ್ಲಿ ಔಷಧಿಗಳ ಸುರಕ್ಷಿತ ಮತ್ತು
ಗುಣಮಟ್ಟದ ಬಳಕೆಯ ಬಗ್ಗೆ ಜನರಲ್ಲಿ
ಚಾಚುಕೆ ಮೂಡಿಸುವುದು ಬಾಳು
ಕಾರ್ಯಕ್ರಮದ ಉದ್ದೇಶವಾಗಿದೆ.

ನಂತರ ಸ್ಥಳೀಯ ಕಾರ್ಯಾಲಯ
ಉಚಿತ ಔಷಧಿಗಳ ವಿತರಣೆ ಕೆಲಸ
ನಲ್ಲಿ ಆದರ ಹಾಗೂ, ಉದ್ದೇಶ ಮತ್ತು
ಬಳಕೆಯ ಸೂಚನೆಗಳನ್ನು ಸಮಗ್ರ
ಸಲಾಹಿ ಸಾರ್ವಜನಿಕರಿಗೆ
ಉತ್ತಮ ಪ್ರತಿಕ್ರಿಯೆ ವ್ಯಕ್ತವಾಗಿದೆ.





13. Government Against Drug's awareness Campaigne. _

Government of Karnataka, Vijaya Karnataka News Paper, in association with NSS Unit of JSS College of Pharmacy, Mysuru an awareness campaign was organized entitled "**Government Against Drug's**" on 7th December 2022. The main of this campaign was to sensitize the general publics of Mysuru city on Drug abuse and Drug Addiction, prevention strategies and management of conditions. The campaign was started at 8.30am in Kote Anjayana Swamy Temple followed by rally from Kote anjayana swamy temple to kalamandir. During this program our NSS Students Volunteers and NSS Program officers sensitized the general publics on drug abuse and drug Addiction. To take part in this campaign students and staffs from different colleges in Mysuru city participated voluntarily. We thank Principal, JSS College of Pharmacy, Mysuru and NSS Program officers and NSS Student Volunteers for active participation in this rally.



14. National Integration camp at Adichuchangiri University, BG Nagara.

The National integration camp was organized by Adhichuchangiri university, BG Nagar in association with regional director of NSS, Govt. of India and universities/directorates in Karnataka at various places in Karnataka. The camp as held from 29.12.2022 to 04.01.2023 for a period of 7days. A Total of 15 states NSS Volunteers attended this program and from our college 6 Volunteers were taken part in this camp. Each day the NSS Volunteers were carried out plant sapling, Shramadhana, health screening camp, motivational guest lectures etc. The NSS Volunteers express their gratitude towards Principal & Dean JSS College of Pharmacy, NSS Program Coordinator JSS Academy of Higher Education and Research, Mysuru, NSS Program Officer JSSCPM. The national integration camp was useful for our Volunteers.



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15. National Youth Day Celebration.

The National Youth Day is also known as **Vivekananda Jayanthi** was celebrated on **12th January 20223** at JSS College of Pharmacy, Sri Shivarathreeshwara Nagar, Mysuru in association with **NSS Unit JSS College of Pharmacy Mysuru**. The program was inaugurated by **Dr TM Pramod Kumar** Dean & Principal, **P. Sitha Ram Rao** Accounts officer JSS Mahavidyapeeta, **Dr. G V Pujar**, Vice Principal, JSS College of Pharmacy, Mysuru. The Program begins with brief history of Swami Vivekananda followed by invocation song from non-teaching staff member. The occasion continues with **Ph. D Research Scholars and students addressing on swami Vivekananda as a role model for youths**. The program continues with exhibition. During the exhibition around 50 posters of swamy Vivekananda was displayed. The NSS Volunteers, Program officers, Staff, & Students from Constituent college of JSS Academy of Higher Education and Research were present during the occasion.



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16. YOGATHAN 2023.

Government of Karnataka organized Yogathan 2023 on 15th January 2023 at race course from 6.30am. The main of this event is to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.



17. 74th Republic Day Celebration

The NSS Volunteers with the other students of the constituent college actively participated in the celebration of Republic Day at JSS Academy of Higher Education and Research Campus SS Nagar, Mysuru.



18. Exhibition of Poison Information Centre at Suttur Jathra

Suttur Jathra festival was celebrated for six days between 18-01-2023 to 23-01-2023 at Sri Suttur Srikshetra where more than thousand people visited the Jathra celebrations during these days. The JSS College of pharmacy, Mysuru had put up an Exhibition stall in the Suttur Jathra festival showcasing the various courses and activities of different departments of JSS College of Pharmacy, Mysuru in the Suttur Jathra Exhibition. It was inaugurated by His Holiness Sri Jaya Rajendra Swamiji & Dr. C G Betsurmamath, Executive Secretary of JSS Mahavidyapeetha on 18-01-2023 at 04:00 PM in the presence



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of other delegates and swamijis who graced the occasion.



More than thousands of people /devotees visited the stall everyday and they were educated on the various courses offered by the college, the minimum qualification required to join the course and various job opportunities available for pharmacists were highlighted to them.



19. Drawing Competition on World Cancer Day 'Close the Care Gap'

Department of Pharmacy Practice and NSS Unit, JSS College of Pharmacy as part of the Golden Jubilee Celebrations and to commemorate World Cancer Day organized a Inter-college Drawing Competition themed "Close the Care Gap" on 4th February 2023 at JSS College of Pharmacy, Mysuru. The competition was organized in accordance with the international theme for World Cancer Day 2023 to orient and create awareness on cancer among students and to recognize the need to close the gap of care between health care professionals and patients.



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Participants during the drawing competition

About 35 students registered for the competition and 31 students participated for the same. The participants exhibited their talents, skills and creativity during the competition with different art styles like pencil sketching, water color painting etc. At the end of the competition, the participants art works were judged based on the interpretation of the theme, creativity and skills by three judges. Winners were announced and a certificate of appreciation were provided.



Winner receiving the certificate of appreciation from the judges

The programme had an overwhelmingly good response and all the participants received a certificate of participation. The best 5 drawings were displayed on the student wall magazine "STUMAG".

20. WALKATHON

As a part of 52nd Annual Conference of Indian Pharmacology Society an International Conference on the theme "**Future Challenges of Pharmacology for Health and Well-being**" WALKATHON was organized in association with NSS Unit JSS College of Pharmacy on 24th February 2023 from Kote Sri Anjaneya Swamy Temple to JSS College of Pharmacy. The walkathon was inaugurated by Sri Javagal Srinath at 6.30 AM and ends by 8.30 AM. A Total 200 NSS Volunteers & 100 Registered delegates



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were actively participated. The Volunteers and delegates won few prizes during the event. Over all the event was successful.



Glimpses during walkathon with our NSS Volunteers



Inauguration of walkathon by Sri Javagal Srinanth Former Indian Cricketer

21 Awareness programme related to harmful effects of tobacco consumption: -

National Service Scheme (NSS) of JSS dental college and hospital organized awareness programme about harmful effects of tobacco to Kochanur village people. NSS volunteers and tobacco cessation center member Dr Maurya M went to each and every house distributed pamphlets and explained about the harmful effects of tobacco





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21. International Yoga Day:-

On 21st June 2022 there were total 31 members participated in the international yoga day which is conducted by AYUSH department from the central government in association with Karnataka state government and district administration Mysore. All the members actively participated in the gracious presence of honorable prime minister Narendra Modi. This event commenced at 5 am and ended at 8 am. Please find the photos for your perusal. On arrival the team were warmly welcomed by the Village head. Dr. Thippeswamy informed the village head about the awareness programme to be conducted to which he responded in a positive way. The team was divided into three batches, each batch consisting of three members. The main agenda was to spread awareness about the benefits of COVID vaccine. Pamphlets about the same were distributed among the villagers. The programme was a big success.



22. Blood Donorsday:-

For the purpose of blood donors day celebration NSS unit of JSS dental college and hospital organized drawing competition at university level on 11-06-2022. There were 8 members were participated in the competition from constituent colleges of JSS university. The drawing competition theme was given as blood donation awareness towards public. Miss Apoorva M.R. from life sciences won first prize and Reshmitha R won the second prize. The prize distribution was held in JSS hospital, Mysore on 14-06-2022 in the event of blood donors day celebration.



23. Plantation for 107th Jayanthi Celebration:-

In view of 107th Jayanthi celebration JSS dental college and hospital NSS unit in collaboration with JSSAHER organized the plantation programme in the premises of JSS dental college premises. For the programme many of the faculty and students have shown interest to plantation and the programme was success at the end.





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24. Dental screening and treatment camp at Sathagalli Higher Primary School:

Dental screening and treatment done at Sathagalli Higher Primary School. On 18-12-2022. During the camp a total of 112 children were screened and 18 children were treated. Children requiring further complex treatments were referred to JSS dental college and hospital.



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26. Pediatric nutrition assessment and general checkup camp:-

Pediatric nutrition awareness program and health checkup was done in Nerale Higher Primary School Mysore. Two pediatricians and NSS volunteers participated in the programme. There was a total of 192 children and their parents participated in the program. Some of the children were referred to JSS medical college and hospital for further treatment.





27. Rehearsal for Guinness record of International day of yoga

Rehearsal for Guinness record of International Day of Yoga was done in golf club ground in racecourse, there were 50 students and 3 staff participated in the program. The program was started at 5 am and ended at 9.30 am. All the volunteers actively participated in the program. Overall, the program was a big success.





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28. International Yoga Day



Volunteers and Programme Officers participate in the Yoga Day celebrated at Mysuru Palace on June 21, 2022

28. Har Ghar Tiranga-14th August 2022.



Har Ghar Tiranga celebrated as a part of Azadi ka Amrit Mahotsav in the month of August 2022.

‘Har Ghar Tiranga’ is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India’s independence. Staff of School of Life Sciences, Mysuru and Life Sciences Departments took the flags and celebrated the passion of unity and independence on the eve of Independence Day.



29.WORLD FOOD DAY-2022

As a part to commemorate Azadi ka Amrit mahotsav ; World Food day-2022 was celebrated on 28th October 2022. The programme was organized by NSS unit JSS AHER, Mysuru (Dept. of Nutrition & Dietetics and Department of Health System Management Studies, JSSAHER) in association with Department of Women & Child Development, Mysuru. The programme included scientific session and various competitions. The theme for World Food Day was ***Leave No one Behind - Emphasizing Traditional Foods on Women Health Empowerment.*** The participants were Anganwadi worker, supervisors and trainers from various taluk of Mysuru including T.Narsipura, K.R.Nagara, Rural Mysuru, Urban Mysuru, Nanjungudu, Billigere, H.D. Kotte, Hunsuru and Periyapatna.

The event was conceptualized and organized by K.L. Krishna, NSS Programme Coordinator, JSS AHER, Dr Raghu Ram Achar, Dr.Sushma BV and Students alongside Dr.

Netravati Hiremath, Ms Pallavi, Mr Harshith N and Mr Chethan Kumar R M from Nutrition & Dietetics and Department of Health System Management Studies, JSS AHER, Mysuru

Winners of the event are as follows:

Participant	Region	Prize
KALA C R	K R NAGARA	I st PRIZE
MAHALAKSHMI	RURAL MYSURU	II nd PRIZE
SHOBHA	HOSUR	IIIrd PRIZE
SATHYABHAMA	T NARSIPURA	I CONSOLATION
SHWETHA	PERIYAPATNA	II CONSOLATION



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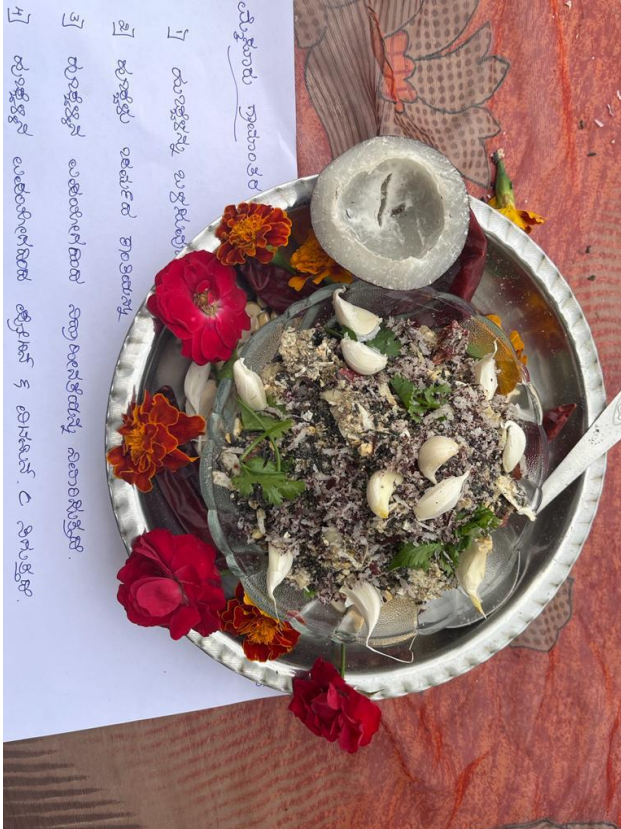


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30 Dental Camp

National Service Scheme (NSS) unit of School of Life Sciences (Ooty campus) conducted a Dental Camp on April 16, 2023 at School of life sciences ooty campus. The camp was conducted along with Indian Dental Association (IDA). The NSS team included, Professor & Head Dr. MJN. Chandrasekar, NSS Programme officer Dr. S. Nishu, Assistant Programme officer Dr. B. Vanitha, 30 NSS Volunteers. The team of dentists includes Dr. Vikash Raghavan, Dr. Sajini Devi, Dr. Neha and Dr. Nivasini.

About 115 students, 12 faculties, 2 ministerial staff and 50 local public were benefitted from the Camp.



31 WORLD BLOOD DONORS DAY 2022 – 11-06-2022

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood. Every year, a new slogan / theme is associated with WBDD to encourage blood donors. "Give blood and keep the world beating" was the slogan for WBDD 2021. For 2022, **"Blood donation is an act of solidarity. Join the effort and save lives"** is the slogan for WBDD. World Blood Donor Day is celebrated on the 14th of June every year. This day focuses on drawing attention to the importance of donating blood. It was first initiated in 2004 by the World Health Organisation (WHO).

In accordance to this, the NSS Unit of JSS Medical College, Mysuru, jointly with Blood Bank, JSS Hospital Mysuru organized the World Blood Donors Day 2022 on 11th June 2022 in the Physiology Practical Lab. The programme was inaugurated by Dr Basavana Gowdappa, Principal, JSSMC. Dr Suma M N, Vice Principal, Dr Pallavi, Medical Officer, JSS Blood Bank, Dr Vijaya B, HOD of Pathology and Dr Krishna K L, NSS Coordinator, JSSAHER, Mr Satish Chandra, Administrative Officer, JSSMC were present in the program. More than 100 students participated in the blood drive and 63 donated their blood.

The programme was conducted in the honored presence Dr. Ravishankar M V (NSS Programme Officer, JSS Medical College) and Dr. Manu G (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs.





Blood Donation by Donors

32. NSS Health Camp Report

“SPOORTHY” ladies wing of the builders’ association of “**Builder’s Association of India**” (BIA) has conducted a health check-up camp at Dattagalli, Mysuru. under the aegis of JSS Medical College, Academy of Higher Education and Research, NSS wing, Mysuru on the 26th of July 2022, held from morning 11 AM-4 PM.

The camp was conducted in the construction (apartment) site at Dattagalli, where the actual building construction work was in progress. The camp was headed by the NSS wing medical college, Mysuru, and conducted in coordination with the physicians from the department of community medicine, JSS medical

college. The program was started with the initial remarks by the doctors, regarding basic awareness among the common people on the concepts of health, cleanliness, and security measures at the construction site. While addressing the female participants special remarks were passed on the importance of menstrual hygiene, and the nutrition, by the lady physician.

The health camp activity included general health checkups along with the distribution of free medicines for general complaints and minor health issues. For the major complaints, the necessary advice was given to approach the concerned physician/hospital. Along with the physical examination the blood pressure was measured in all the participants, and blood sugar levels were checked by using a glucometer. More than 70 construction workers including males, females, and children took benefit from the camp.

Dr. Saurish Hegde, Dr. Ravali, Dr. Sumanth Kaushik, Dr. Neha, and Dr. Niharika, were actively involved in patient checkups, treatment and health advice. The NSS wing officers Dr. M.V Ravishankar and Dr. Manu G



coordinated the whole event.

PHOTOS OF HEALTH CHECKUP CAMP



NSS Special Camp activities 2022-23

List of Activities

- Swatchh Bharath
- Plantation
- Free diagnostic checks.
- Free health checkup and treatment



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- Free Dental checkup and treatment
- Eye checkup camp and cataract operation
- Free Ayurvedic health checkup
- Awareness Rally on Conservation of Water
- Lecture and demonstration on Black Magic
- Free Technical Service camp
- AIDS awareness programme
- Awareness on different Govt. Schemes to farmers.
- Free Veterinary Check up camp
- Awareness program on Snake Conservation and treatment snake bite.
- Awareness about Poison information center of JSS Hospital (1800-425-0207)
- Awareness about health and hygiene.



1. JSS Medical College

Dates: February 20th - 26th – 2023

Place: Someshwarapura Gram Panchayat limits, Varuna Hobli, T Narasipura Taluk, Mysuru district

Some of the action Photos of Special Camping activities





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2. JSS Dental College and Hospital

Date: February 20th to 26th 2023

Name of the village: Kochanahalli, Mysore Taluk

Some of the action Photos of Special Camping activities





3. JSS College of Pharmacy, Mysuru

Dates: 16th to 22nd March 2023

Place: Mahadevapura Village, Sri Rangapattana Taluk, Mandya District.

Some of the action Photos of Special Camping activities





4. SLS, JSS AHER, Mysuru and HSMS, JSS AHER, Mysuru

Dates: 24th to 30th March 2023

Place: Ballenahalli, Srirangapatna Taluk, Mandya district

Some of the action Photos of Special Camping activities

