

NSS ACTIVITIES - 2017-2018

BEST NSS UNIT & NSS PROGRAMME OFFICER AWARD CERTIFICATE **(UNIVERSITY LEVEL)**

NATIONAL INTEGRATION CAMP (NIC)

NSS Cell, Youth Empowerment and Sports Department, Govt. of Karnataka and Jagadguru Sri Shivarathreeshwara University, Mysuru under the aegis of **National Service Scheme** was jointly organized **National Integration Camp** from 1st to 7th December 2016.

More than 152 NSS Volunteers and 15 program officers have participated in the program from different parts of the country like Tamil Nadu, Andhra Pradesh, Kerala, Telangana, and Karnataka.

NIC was started functioning from 9am in the morning after breakfast on 1st Dec 2016. All the volunteers/officers were done the registration and collected the delegate kit worth of around thousand rupees. Soon after registration, introduction of NSS volunteers came from different parts of the country was done. Dr. K.L.Krishna, program coordinator conducted the orientation program and highlighted DOS and DON'TS of the camp. He in detail explained over all activities of seven day camp. The detailed program list was distributed to all participants. Grouping and identification of group leader was done before inaugural function.

The NIC was inaugurated on 7th Dec 2016 by Sri. D. Randeep, Deputy Commissioner, Mysuru District. Before the inauguration NSS flag hoisting was done and NSS volunteers sung NSS song. While inaugurating the camp, Sri. D. Randeep shared his thoughts about NSS and its activities. He insisted all youths to take part in NSS and actively involve in social services. Chief Guest of the function Dr. C.G. Betsurmatah, Executive Secretary, JSS Mahavidyapeetha, spoke on SWATCHH BHARATH program and its importance. He advised all NSS volunteers to keep their city clean and help for achieving SWATCHH BHARATH MISSION. Sri. A.N. Pujar, Regional Director, NSS regional Directorate, Bengaluru was present as Guest of Honor and spoke about NSS activities of Karnataka state and highlighted the importance of national integration camp. Dr. B. Manjunatha, Registrar, JSS University preside over the function, Dr. G. Parthasarathi, Principal JSS College of Pharmacy welcomed the guests and Dr. K.L.Krishna, NSS Program Coordinator, JSS University proposed vote of thanks.

In the **National Integration camp** NSS flag hosting was done every day at 6.15 am and followed one theme for one day. Yoga and meditation training was organized every day from 7am to 8 am Shri. Mukundan, Yoga Guru, Mysuru, was given the yoga raining to all participants. Various lecture session on NIC related topics were organized, about 14 eminent speakers delivered the talks and demonstrations. Field visit and tour was organized on 4th Dec.

On 2nd Dec 2016, about 100 plant saplings were planted and Dr. P.A. Kushalappa, Director (Academics), JSS University, Mysuru was inaugurated the plant sapling program. Dr. G. Parthasarathi, Principal, JSS College of Pharmacy, Mysuru, Dr. K.L. Krishna, NSS Program Coordinator, JSS University, Organizing Secretary, NIC and others were present. The NSS program Officers from different States were involved in the activity and guided all NSS volunteers.

In the evening program, Sri Girish, Faculty, JSS Woman's college, Mysuru, delivered a lecture and demonstration on repairs of electronic goods. On the same day from 3 to 5 pm Sri. C. V. Nagaraj, Retired Chief Chemist, Govt. of India and Convener, Mysuru Grahakara Parishad spoke and demonstrated about food adulteration.

On 3rd Dec 2016, lecture and demonstration about self employment was organized. Sri.Channabasappa, Former Director, JSS Janashikshana Samsthe and Sri. A.P. Ramesh, Director, JSS Janashikshana Samsthe delivered the talk on self employment for school dropout students.

On the same day from 11 to 1 pm, Mr. Raghu B.V. Domain Expert, TOT Trainer, DM&IRS, Bengaluru delivered the talk on Disaster Management (DM), Incident Response System (IRS).

In the after noon session from 2 to 3 pm Dr. Manjappa, Cardiologist, JSS Hospital, Mysuru, delivered a lecture on Caring of own heart. After this session, lecture was organized about SWACHH Mysuru by Dr. C. G. Betsurmth, Executive Secretary, JSS Mahavidyapeetha, Mysuru. He was explaining how Mysuru has become number one city in cleanliness.

On 4th Dec 2016, as per the schedule of the camp, field visit and tour was organized for all volunteers from 8 am to 10 pm. Students visited various places like- Suttur Math, Chamundi hill, Mysuru palace, Srirangapattana and KRS.

On 5th Morning 9 am to 10 am Mr. Snake Shyam, Social activists, Corporator, Mysuru Mahanagara palike Mysuru, delivered talk on Snakes and their benefit. Sri. Chethan Ram R.A., International trainer for personality development, Mysuru, conducted the program on Personality Development. In the afternoon session, Mrs. Madhu Sudhi, Mysuru Yoga Prana Vidya Association, Ramakrishna Nagara, Mysuru, delivered a talk and demonstrated Yoga Prana Vidya; Energy healing and stress management in the evening.

On 6th Dec 2016, in the morning, there was a lecture and demonstration about Basic life support. The program was organized by Dr. Akkamahadevi Patil , Professor and Head, Department of Emergency Medicine, JSS Medical College, Mysuru. In the afternoon, Dr. G.B. Shivaraj, Secretary, Gandhi Bhavan, Bengaluru, delivered a talk on Gandhi Philosophy and NSS. Followed by this, Sri.Bhavani Shankar, Head Master, JSS High School, Pedaguru,

Gundalpet Taluk, delivered Lecture and demonstrated about the ill effects of Black magic.

Valedictory function of **National Integration Camp** was held on 7th Dec 2016 at 11.15 am at Sri. Rajendra Auditorium, JSS College of Pharmacy, Sri. Shivarathreeshwara Nagara, Mysuru. Shri. Pramod Madhwaraj, Hon'ble Minister for Youth Empowerment and Sports Department, Govt. of Karnataka was delivered the valedictory address.

Dr. K.L.Krishna, NSS Program Coordinator of JSS University narrated the detail reports of the camp and announced various awards of NSS.

The minister was highlighted the importance of NSS activities and how NSS is evolved since time and asked active involvement of Youths for social services. He was saying there is a need for the introduction of NSS at High school level and cultivate the social activities in young brain. He was saying current NSS volunteer strength in Karnataka is 3.5 lakhs it will be will be increased to 10 lakh in the coming academic year. He has appreciated the way in which the NIC camp was organized by JSS University and he said JSS University is set a bench mark in organizing NIC. He said India can be become best country in the world, if youths joins hands with the socials services, it can become easy through NSS. We are in the 3rd position in having more number of youths and from them nation can be build.

Shri. Vipul Kumar, Director, Karnataka Police academy was the Chief Guest of the function. He shared his experience of NSS and said lifelong learning is very important. He asked all NSS volunteers to lead meaningful life and contribute to the society through NSS activities. He was saying Youths of India come forward and involve in societal works and help India become superpower. Two things he asked all the volunteers to pledge, they are continuous learning and second is resanance.

President of the function, Dr. B. Suresh, Vice Chancellor, thanked Govt. of Karnataka for providing opportunity to organize NIC. He shared his experience of reaching this position as Vice Chancellor. He also told that, the failures are there in every field but we should take them as a step forward for success. He also quoted the example of Dr. APJ Abdul Kalam, former President of India, how he has got success in life.

Mr. Darshan, Badriprasad PU College, Mysuru was awarded best /male NSS volunteer and Ms. Priyanka Chowan, Professor Jayashankar Telangana State Agricultural University (PJTSAU), Hyderabad was given the award of best female volunteer. Karnataka PU board was emerged as the best NSS team of the camp among 11 University participated in the camp.

NIC organizing secretary, Dr. K.L.Krishna proposed vote of thanks.

TA, participation certificate, certificate for winners in various cultural programs and certificate of appreciation were distributed after lunch.



VISAKA – STUDENTS PARTICIPATED AT NEW DELHI

“Junk Food-Health Issues”

The NSS unit of JSS medical college conducted an orientation program on “Junk Food-Health Issues” for the students and teachers of JSS high school and pre-university college, SS Nagar, Mysore on 17th December 2016. Dr Praveen Kulkarni, Asst NSS officer & Asst Professor of Community medicine delivered a talk on Junk food and its ill effects on the health. First mind mapping game was played for the students to know their current level of knowledge, and then each student and staffs has been asked to tell why they consume junk food, what the plus points are and what the negative points of consuming junk food are. The answers were obesity, tooth decay, cholesterol, decreased memory power, pain abdomen and so on. Once the base line knowledge is known an health education session was done on the ill effects of obesity and other problems like increased cholesterol etc. this was followed by a small activity on BMI i.e. body mass index, Dr Sunil Kumar D, NSS officer & Asst Professor of Community medicine explained about the BMI and its importance and how to calculate it. The students and staffs were made to calculate their BMI and to check whether it is in the normal range, same they have been asked to go and check in the home for their parents and relatives and advice them to maintain the normal range of the BMI. The whole activity created the awareness among the students and staff of the school and the college.



VITTIYA SAKSHARATA ABHIYAAN (VISAKA)

The National Service Scheme (NSS) and Medical Education Unit (MEU) of JSS Medical College, Mysuru has jointly organised a program on Vittiya Saksharata Abhiyaan (VISAKA) on 20-01-2017 a Campaign by Higher educational institutions for digital economy in India. The purpose of the 'Vittiya Saksharta Abhiyan' is to actively engage the youth/ students of Higher Education Institutions to encourage and motivate all payers and payees to use a digitally enabled cashless economic system for transfer of funds. Ministry of Human Resource Development views the institutions of higher education in the country, faculty members and students to take the lead and act as engines of this transformational shift.

In this regard an orientation program was organised for the teaching faculty and non-teaching faculty of the JSS Medical College, who in turn act as a trainers in training the students. The students will learn and teach their parents first and adopt 10 households in their community to educate about cashless transaction. The program was started at 03.00PM Dr Praveen Kulkarni welcomed the gathering, Dr Balaraj BM briefed about the responsibility of Higher education institutions. Dr Sunil Kumar D, NSS Officer gave a talk on importance and ease of doing cashless transactions with options like Prepaid Cards, Debit/RuPay cards, USSD Mobile wallets, AEPS, UPI and live demo was given of how to do cashless transactions on Smartphone with internet facilities using the applications like BHIM App (Bharat Interface for Money), 'Unified Payment Interface (UPI), Paytm, eWallets etc. They were also told how to do cashless payment even when they don't have Smartphone and internet, by using USSD (Unstructured Supplementary Service Data) by dialling *99#. The precautions like how to get and keep secrecy about Mobile Money Identifier (MMID), Mpin, CVV, OTP were also sensitised to the audience. All the faculties were actively participated and saw live demo of cashless transaction and cleared their doubts in last session. Dr Manjunatha B, Registrar JSS University, Dr Basavanagowdappa Princiapal, Sri Satish Chandra administrative officer, Sri Gnagadhar & Sri Jayashankar AAO were present. Dr Pushpalatha MEU secretary proposed vote of thanks.



NATIONAL SERVICE SCHEME UNIT- ANNUAL SPECIAL CAMP
REPORT – 12th to 18th MARCH 2017

National Services Scheme Unit of JSS Medical College has organized annual special camp at Biligiri Rangana Betta (BR Hills) from 12th to 18th March 2017.

The camp was started on 12th March with a formal inauguration programme at JSS Guest House, B R Hills with invocation song by Miss Chandrika, NSS Volunteer. Dr Praveen Kulkarni, Assistant NSS Programme Officer, formally welcomed the dignitaries. Dr Sunil Kumar D, NSS Programme Officer described the aim and objectives of NSS and mentioned the expectations from volunteers in the special camp. Dr G V Manjunath, Vice Principal, JSS Medical College inaugurated the camp by lighting the lamp. In his address, he congratulated NSS Unit for choosing the underserved tribal area like B R Hills for NSS camp. Sri S R Satish Chandra, Administrative Officer, JSS Medical College advised the volunteers to use this camp as a learning opportunity and understand the culture and tradition of tribes. Mr. Malleshappa, Member Vanya Jeevi Mandali in his key note address described sociocultural background of soliga tribe and thanked JSS Medical College for organizing camp in B R Hills. Dr Prashant Vishwanth, Advisory Board Member of NSS Unit shared his experiences with previous NSS camps. Sri Gangadhar, Assistant Administrative Officer, JSS Medical College wished camp all the success. Dr Sunil Kumar D, proposed vote of thanks. Dr Shivaprakash, Assistant NSS Programme Officer was present on this occasion. Miss Meghana, NSS Volunteer compared the event.

The free health check up camps were organized across five hamlets of B R Hills Region. Biligiri Rangana Betta on 13th, Bangali Podu on 14th, Sigebetta and Yerakana Gadde on 15th, Hosapodu and Muttukana Gadde on 16th, Kanneri colony and K Gudi on 17th of March 2017. A total of 261 patients attended the camp out of which 120 were males and 141 were females. Common health problems detected were, hypertension, diabetes, fever, headache, myalgia, URTI, GERD, osteoarthritis and menstrual problems. The patients above 40 years were screened for Diabetes, Hypertension and cardiovascular diseases using ECG. They were given treatment on spot with the help of specialists from General Medicine, Pediatrics and Gynaecology. The ones who are in need of advanced care were referred to JSS Hospital, Mysuru.

House to House survey was conducted across 256 houses covering 1050 people. Majority of people were in the middle age, illiterates and belonged to lower middle socio-economic status. Most of the people were residing in semi pucca houses with inadequate lighting and ventilation. Majority of houses in Kanneri colony, Bhoothanipodu were not having LPG and electric facilities.

Among 1050 individuals surveyed, 125 people above 40 years were screened for diabetes, of whom 15 were found to be diabetic and not on treatment. Out of 1050 individuals, 120 were found to be hypertensives. Among hypertensives, majority were detected for the first time and those who were

already known to be having hypertension, were taking irregular treatment. Common health problems detected during house to house visit were, hypertension, diabetes, URTI, anemia, malnutrition, hypothyroidism, asthma, tuberculosis.

Social problems detected across the tribes were child marriage, teenage pregnancy, smoking, alcoholism. Some qualitative, Participatory Research for Action (PRA) techniques like social mapping, seasonal mapping, transect walk, matrix ranking were used to assess the perception of people on common health and social problems in the tribe. According to these techniques, substance abuse and Gastroenteritis were found to be significant health problems followed by animal bites and myalgia. People also revealed that, Gastroenteritis to be common problem during June to September, Respiratory infection and fever to be common in the months of March to May.

Free Dental check up camp was held on 17th of March where 65 people along were school children have participated and benefited.

Street plays on important issues like scabies, open air defecation, Swachh Bharat Abhiyaan were enacted by the NSS volunteers.

The valedictory programme of the camp was held in JSS Guest House on 18th of March 2017. Dr Sunil Kumar D formally welcomed the gathering and handed over two water purifiers donated by all the NSS volunteers to the head masters of two schools. Dr Praveen Kulkarni, summarized the activities of camp. Mr. Kurian and Mr. Jayachandra, NSS volunteers shared their experiences in the camp. Dr K L Krishna, NSS Programme Coordinator, JSS University congratulated the NSS Unit of JSS Medical College for successfully conducting the camp in the most underserved areas of B R Hills and urged volunteers to involve themselves towards social service. Dr Praveen Kulkarni proposed vote of thanks. Dr Prakash B, Professor, Department of Community Medicine, JSS Medical College and Mr. Marappa, Head Master of School in B R Hills were present on this occasion. Mr. Jayachandra, NSS volunteer compared.



WORLD NO TOBACCO DAY – 31-05-20217

NSS Unit of JSS Medical College in collaboration with Department of Community Medicine, JSS Medical College have organized World No Tobacco Day on 31st of May 2017. On this occasion an awareness rally was organized in Bannimantap area by involving school children from Government Higher Primary School, Bannimantap and Medical Students. Rally began with a brief remark on the importance of No Tobacco Day by Dr Praveen Kulkarni, Assistant Professor in the Department of Community Medicine, JSS Medical College, where he mentioned the health problems associated with long term tobacco consumption. This was followed by an awareness rally where school children enthusiastically participated by shouting anti-tobacco slogans and showing placards. The rally ended with concluding remarks by Mr. Nagendra, Medico-Social Worker, Department of Community Medicine on how to quit tobacco.



CELEBRATION OF INTERNATIONAL DAY OF YOGA – 21-06-2017

The world day of yoga was celebrated at Jagadguru Sri Shivarathreeshwara University, Mysuru on 21st June 2017 in a befitting and meaningful manner by the constituent colleges and departments. The program was started in afternoon 2PM. The invocation song was sung by Miss Preethi 6th term MBBS student. Sri Lokeshappa, PCD welcomed the dignitaries. Dr Sunil Kumar D, NSS Programme officer introduced the chief guest Yogacharya Dr Seetharam AR, a renowned yoga guru of Mysore.

Inauguration of the workshop was made by lighting the lamp. Dr Manjunatha B. Registrar, Principals of the constituent colleges of Jagadguru Sri Shivarathreeshwara University, NSS programme coordinator and programme officer were present in the function.

Yogacharya Dr Seetharam AR delivered a lecture on benefits of yoga. Yoga is useful to overcome the stress in today's busy lifestyle. Yoga is an invaluable gift of Indian tradition. It embodies unity of mind and body, thought and action, harmony between man and nature. He also mentioned that the yoga will bring all the religions together which can bring peace and harmony in the society.

Training workshop on yoga was also organised after the lecture. More than 300 members including teaching and non-teaching faculties and NSS Volunteers participated in the programme. The following yogasanas were organised in the workshop- Utkatasana, Trikonasana, Padottanasana, Bhujangasana, Shalabhasana, Dhanurasana, Baddha konasana, Paschimottanasana, Poorrottanasana, Pawana-mukhtasana, Sarvangasana, Halasana, Matyasana, Vajrasana, Shashankasana, Supta Vajrasana, Ushtrasana, Padmasana, Yoga mudrasana, Makarasana and Shavasana. All asanas were demonstrated by Miss Srilatha yoga demonstrator.

This was followed by Music therapy by Dr Geetha Seetharam which rejuvenated all the participants in the auditorium. With all these all the participants were enlightened with the specialised skills like stress management, yoga therapy and meditation, personality development, counselling, enrichment of life skills and values. Dr Chandrashekar Hod of Community Dentistry proposed vote of thanks.

SEED BALL SOWING PROGRAM

NSS Unit of JSS University has started the concept of Grow Green Abhiyana. As a part of this program today about 70 NSS volunteers/Officers of JSS Medical, Dental, Pharmacy and Life science were participated in the Seed Ball Sowing program at Muthathi forest, Malavalli Tq, Mandya Dt. About 4 lakhs Seed Ball were sowed across the forest. The program was jointly organized by NSS Unit of JSS University, Mysuru, NSS Unit of Maharani College Mysuru and Ruksha Ropana organization, Halaguru Malavalli Tq. Mandya Dt. Mr. Praveenkumar Forest Officer, Muthathi Forest range was helped for smooth conduction of the Program. The program was coordinated by Dr. K L Krishna, NSS Program Coordinated, JSS University, Dr. Sunil Kumar, Dr. Gowrav, Dr. Raghu Ram Achar, NSS Program Officer, Dr. H.V. Gangadharappa, Dr. M P Venkatesh, Mr. Hemanth, Staff JSS College of Pharmacy, Mysuru. Smt. Manonmani, Dr. Jagadish, NSS Program Officer, Maharani College, Mysuru were also participated.



SWACHHTA PAKHWADA AT JSS MEDICAL COLLEGE

The NSS unit of JSS Medical College has observed the Swachhta Pakhwada program. The program was started by the formal function at Sri Rajendra auditorium, JSSMC. Dr Vijaya welcomed the gathering, Dr Balaraj BM vice principal delivered the key note address and the importance of the event, that how each one in the country can contribute to the society just by starting the cleaning initiative from small scale to large scale. Dr Basavanagowdappa H principal addressed all faculties teaching, non teaching and students, asked all to take the Swachhta Pledge. More than 600 faculties and students took the swachhta pledge. Dr Deepa Bhat delivered vote of thanks. Dr Sunil Kumar D NSS Officer and Dr Bharath T coordinated the whole event. All the head of the departments, faculties and students were present.

This fortnight in observance of Swachhta Pakhwada program the cleaning activities in the hostels, academic building and administrative buildings of the college has been done. The display boards carrying the cleanliness messages were put up across all the bathroom areas. The Swachhta Pledge board was displayed in all major corridors, near lift entrance and in the hostel mess. In brief this program has reignited the cleanliness drive in the citizens and NSS volunteers also.



RALLY FOR RIVERS

The NSS Volunteers of JSS Medical College participated in the Rally for Rivers. Saving Our Rivers. The simplest solution to rejuvenate India's rivers is to maintain a minimum of one kilometer tree cover on riversides. Forest trees can be planted on government land and tree-based agriculture brought in on farm land. This will ensure our rivers are fed throughout the year by the moist soil. We made a rally from Columbia Asia Hospital to LIC Circle of Mysuru. Our volunteers motivate people to give miss call to save our rivers and take pledge.



"A report on Medical Camp at Mandi Mohalla, Mysuru, Karnataka"

Program conducted by JSSMC- Community Medicine department, Lions Club-Mysuru.

The health checkup programme was organized on the occasion of Kannada Rajyothsava by the auto rickshaw association of Mandi Mohalla on 27/11/17 which was started at around 10:30am soon after the inauguration and flag hoisting by the Chief guest Dr. Manjunath, Orthopedician.

Dr. Sunil Kumar, Associate Professor, Dr. Nagendra, Medico social worker, Dr. Amoghashree, Dr. Meghana Narendranand Dr. Prathyusha.K Postgraduates in Community Medicine, interns from JSS Medical College and Ophthalmology team from K.R. Hospital were present for the camp.

General health checkup was done for auto drivers and their family members and people of Mandi Mohalla. Around 300 people attended for General Health checkup. Free drugs were dispensed. Main complaints among the participants were related to Non communicable diseases like Hypertension and Diabetes mellitus, Fever, Respiratory tract infection and Knee pain and were treated symptomatically.

All the individuals were screened for hypertension and diabetes mellitus, among them 51(17%) were hypertensive and 42(14%) were diabetic. Follow up was done for the known cases. Patients with altered findings and poor adherence to the old treatment were referred to higher centers for further need.

Complaints regarding vision and other ophthalmic complaints were screened and treated by ophthalmologist from K.R. Hospital.

Under the help of Lions Club, Mysuru and auto drivers association the program was successfully conducted.



NSS STATE AWARD - 2016-17

GOVERNMENT OF KARNATAKA

No: YS: NSS: 02 : 2017-18/321

National Service Scheme Cell,
Youth Empowerment & Sports Department,
Secretariat,
M.S.Building, Bangalore 560 001

18 Dec 2017

CERTIFICATE

It is certified that, JSS Medical College, Mysuru, has been awarded State N.S.S Award for the year 2016-17. The Award Ceremony will be held during January 2018 at Vidhana Soudha, Bangalore.



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