

## **NSS ACTIVITIES - 2019-2020**

### **FREE HEALTH CHECKUP CAMP – 24<sup>th</sup> TO 30<sup>th</sup> MARCH 2019**

NSS Unit of JSS Medical College conducted its Annual Special Camp on 24<sup>th</sup> to 30<sup>th</sup> of March 2019 in the Tribal Haadi's of Ramapura Village, Kollegal Taluk, Chamarajanagar District. The camp was started on 24<sup>th</sup> March with a formal inauguration programme at Ramapura Village, Dr Shivaprakash S, formally welcomed the dignitaries. Dr Bharath T described the aim and objectives of NSS and mentioned the expectations from volunteers in the special camp. Inauguration and lighting the lamp was done by Pujya Sri Basavanna Swamy, Sri Shivarathreeshwara Branch Mutt, Gopishettiyur and Sri. Basavaraju S, Zilla panchayat member and presided by Sri. Rajshekar, retd Principal, Sri. Nagendra Prabhu P and other leaders of village were present on this occasion.

The free health checkup camps was organized across various villages and tribal haadis like Dinalli, Arjun Doddi, GollaraDimba, MM Hills and Ramapura village of Kollegal Taluk, Chamrajanagar District.

A total of 1089 patients got the benefits of the free camp. 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. Free Dental Health checkup camp was held on 28<sup>th</sup> of March where 86 people have participated and benefited. Street plays on important issues like Hand Hygiene, alcohol and tobacco ill effects were enacted by the NSS volunteers.

The valedictory programme of the camp was held in Ramapura village 30<sup>th</sup> of March 2019. Dr Sunil Kumar D. Dr Shivaprakash S, Dr Bharath T, Sri. Rajshekar and others were present on this occasion.





## **RAIN WATER HARVESTING AND WATER CONSERVATION – 19-08-2019**

National Service Scheme, JSS Medical College Unit, had organized an educative session on rain water harvesting and water conservation at JSS High School, Bannimantap, conducted on **19-08-2019** by the NSS volunteers and faculty of JSS Medical College. This session was conducted under the JAL SHAKTHI ABHIYAAN of Government of India.

The programme was conducted at JSS High school by the students of JSS Medical College under the guidance of NSS Programme Officer, Dr. Bharath T. The audience consisted of 136 students of 8th, 9th and 10th standard of JSS High School.

The session began with a welcome address by Mr. Sanjay Jayachandran, NSS volunteer, followed by explaining them how ground water gets purified naturally with the help of a model of bio-sand filter made by the volunteers using sand, gravel and small stones in a bottle. The live demonstration of the same was also done. Then they were oriented to the importance of conserving water and the current scenario of the present water level. They were also asked to share what they got to learn with their friends and family. It was an interactive session with the students.

The programme ended with vote of thanks by Dr Sunil Kumar, Associate Professor of Community Medicine.

Hope we were able to enter their minds and bring a change and hoping to do more services!!



## **NSS SWACHCH BHARAT ABHIYAAN – 19-08-2019**

As a part of the Swachch Bharat Abhiyaan, NSS unit of JSS Medical College, JSS Academy of Higher Education & Research, in association with Department of Physiology, JSS Medical College, conducted an educative session for spreading awareness on health and hygiene in JSS High School, Bannimantap, on **19<sup>th</sup> August 2019**. The NSS volunteers addressed the students of eighth, ninth and tenth grade. The main focus of the session was to acquaint the young minds with the proper technique of hand washing, waste segregation at source and menstrual hygiene.

The session started off with a welcome address by Miss Gayathri S Nair. The session was conducted under the guidance of NSS Programme Officer Dr. Bharath T., with cooperation by the staff of JSS High School. Dr. Rajalakshmi R., Professor and HOD of Physiology; Dr. Sunil Kumar D., Associate Professor of Community Medicine; Dr. Vijaya Vageesh Y., Assistant Professor of Physiology were present on the occasion.

An innovative approach was used to make the school children aware of the proper hand wash technique which was by means of a poem in Kannada and English, explaining with actions, the fourteen steps of proper hand wash. The poems were composed by Dr. Sumana M N, Professor and HOD of Department of Microbiology. NSS volunteer Miss Medha Bhat recited the Kannada version of the hand wash anthem. The grasping skills of the young children served as a motivation for all the volunteers, when they learnt the poem in just one recitation. The school children were very enthusiastic to learn it and they also took a vow to teach their family members and friends to wash hands to remove all the germs on their hands. There was a brief discussion on the importance of hand hygiene.

The audience was briefed about waste segregation at source and its advantages by the NSS volunteers. The session was done by keeping two cardboard boxes with the titles of biodegradable substances and non biodegradable substances written on them. There were around eleven examples written on cardboard pieces. Volunteers from the students were called and handed out an example to each one. Then one by one they came forward with their example and the other students had to tell whether it belonged to biodegradable or non biodegradable substance, accordingly it was placed in the respective boxes. The session turned out to be very entertaining and interactive, with students showing great interest in volunteering and giving their views on how waste segregation is going to help in cleaning and enhancing our environment.

Dr. Rajalakshmi R and Dr. Vijaya Vageesh Y enlightened the students about the normal developmental changes in females during puberty, normal menstrual cycle, normal flow during menstruation, normal and abnormal white discharge. Some of the menstrual disorders like Menorrhagia and Dysmenorrhea were also discussed. Importance and ways of maintaining

personal hygiene and the use of sanitary napkins was highlighted. The students were interactive and also clarified their doubts.

The session ended with a vote of thanks proposed by Dr. Bharath T. The session was a learning experience for the volunteers. Indeed educating the children, sensitising them to the health issues around them and getting them equipped to face the challenges is the best way to ensure that the future of the country lies in the hands of citizens who are aware and responsible.



Session on demonstration of proper hand wash technique



Session on waste segregation at source



Session on menstrual and personal hygiene

## **FIT INDIA CAMPAIGN – 29-08-2019**

National Service Scheme, JSS Medical College Unit, in association with NSS units of constituent Colleges of JSS Academy of Higher Education & Research, had organized a live telecast of launch of Fit India campaign by Honourable Prime Minister of India, Sri. Narendra Modi, at the Auditorium of JSS College of Pharmacy, Mysore.

The live telecast was arranged between 10 A.M. and 11 A.M. on **29-08-2019**. NSS volunteers of all the units of JSSAHER along with other students and faculty of the constituent colleges took part in the event. Overall around 400 participants viewed the telecast which included 160 students from JSS Medical College and staff. The participants witnessed the colourful cultural events which preceded the address by the Prime Minister. Later on, the address of the Prime Minister to the citizens of India followed. Prime Minister in his address stressed upon the importance of fitness and the advantages of being fit and healthy. He also urged all the citizens to take a pledge to dedicate some time daily for physical activity to improve the fitness levels. The programme concluded with National anthem.

## **YOGA CHAIN EVENT AT MYSORE PALACE – 04-10-2019**

The NSS volunteers of the JSS Medical College unit of JSS Academy of Higher Education and Research participated the Yoga chain event organized by Yoga Dasara sub-committee, which was held at the Mysore Palace as a part of the Mysuru Dasara celebration on 4<sup>th</sup> October 2019. Around 60 volunteers from JSSMC unit participated in the event. The event was supervised by the members of SPYSS yoga society.

The event started at half past six in the morning, when all the participants were asked to form concentric circles around the stage from where the various yoga asanas would be demonstrated. In the cool morning breeze and the warm sunshine, participants performed basic yoga asanas like 'trikonasana' and 'ardhachakrasana'. Participants also had a brief session of breathing exercises that included 'anulom' and 'vilom' after which they witnessed practice sessions of the evening processions with extravagantly adorned elephants mounted with festive umbrellas.

The event came to a close at eight o'clock when all the participants took photographs, collected their certificates and had breakfast. Indeed a very memorable event, all the volunteers would surely have promised to themselves to attend the event again next year.



## **REPORT OF FOUNDATION STONE LAYING CEREMONY OF NEW JSSAHER CAMPUS AT VARUNA, MYSORE – 11-10-2019**

The NSS volunteers of JSS Medical College Unit of JSS Academy of Higher Education and Research participated in the celebrations of Foundation Stone Laying Ceremony of the Global Campus of JSSAHER at Varuna, Mysore on Friday, 11<sup>th</sup> October 2019 and also the 104<sup>th</sup> Jayanthi celebration of Dr. Sri Shivarathri Rajendra Mahaswamiji

The event had the gracious presence of Suttur Seer Sri Shivarathri Deshikendra Mahaswamiji, Jnanayogashrama Seer Sri Siddeshwara Swamiji, Siddaganga Mutt Seer Sri SiddalingaSwamiji and Sri Adichunchanagiri Mutt Seer Sri Nirmalanandanatha Swamiji.

The laying of the Foundation Stone was done by the Honourable President of India, Shri. Ram Nath Kovind. President Kovind also discussed about the importance of Modern and Traditional Medicine in the society while lauding JSSAHER and JSS Mahavidyapeetha for their efforts in the health sector. The president was accompanied by the first lady.

The event was presided by the Governor of Karnataka, Shri. Vajubhai R. Vela who imparted the virtues of education as the key tool for the national development. He thanked the Suttur Mutt for their immense contributions in the field of education and healthcare.

Union Minister D.V. Sadananda Gowda released the book 'Prasada', a bi-monthly and 'JSS AHER: A Journey of Quality and Excellence' on the occasion. He also enlightened the crowd about the history of Suttur Mutt and its contribution to the society.

The event was also graced by District Minister V. Somanna, Chamarajanagar MP V. Sreenivasa Prasad and Varuna MLA Dr. Yathindra Siddharamaiah.

The Medical College Unit of NSS ensured a smooth running of the event. Having reached the venue at ten in the morning, the volunteers of the NSS Medical College unit were involved in the management of the parking at the event as well as smooth movement of VIPs and other dignitaries to their respective sitting areas. The volunteers also managed the crowd and helped the NCC cadets. The Unit assisted in setting the stage as well as assisting the members of Media and the crowd. After the successful completion of the event, at six in the evening, the volunteers headed back to the college. The hard work and toiling of eight hours indeed strengthened each volunteer's dedication and commitment towards prompt and well planned execution of the assigned tasks.





## **HEALTH CHECK UP OF KINDERGARTEN CHILDREN OF ACHARYA VIDYAKULA, MYSORE ON 13-12-2019**

NSS Unit of JSS Medical College in association with Department of Physiology conducted health check up of kindergarten children of Acharya Vidyakula, Mysore on 13-12-2019. Pediatrician Dr Nandish, Junior residents Dr.Rajeev and Dr Tanya from Department of Pediatrics, JSS Medical College and Hospital examined the children. Eighty children from play group and kindergarten were examined; and treated if required. Dr Bharath T, NSS Programme Officer of JSS Medical College Unit, Dr Ravishankar, Assistant NSS Programme Officer, Dr Vijaya Vageesh, Assistant Professor of Physiology were present. Headmistress of the School Mrs. Neela and other teachers of the school thanked the doctors for the services rendered on the occasion.

