

NSS ACTIVITIES - 2020-2021

HEALTH AWARENESS COVID 19 AND HAND HYGIENE AT NSS NATIONAL INTEGRATION CAMP, MYSURU ON 05-03-2020

Dr Bharath T., NSS Programme Officer of JSS Medical College Unit educated and created awareness about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease (COVID 19) among the 150 NSS volunteers and NSS Programme Officers of 22 Universities of 6 States of India. Awareness programme was conducted on 5-3-2020 between 2.45 pm and 3.45 pm.

Awareness was created regarding risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, and most importantly the methods of prevention and precautions to be taken to safeguard oneself. The myths created on social media were also busted. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic. Hand hygiene and its importance were also discussed. The programme continued till around 3:45 pm, followed by questions and answers session for the student volunteers and teachers/POs to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries which were answered.



HEALTH AWARENESS ON CORONA VIRUS DISEASE 19 (COVID 19) AND HAND HYGIENE - 10-03-2020

NSS Unit of JSS Medical College in association with Department of Physiology organized health awareness programme for students of Government Primary School, Civil Police Quarters, Jalapuri, Mysuru; on 10th March 2020. The school had students from classes 1 to 7. All the NSS Volunteers gathered at 10.30 AM. The Headmaster of the school and the students were very happy and enthusiastic seeing NSS volunteers and welcomed the team wholeheartedly and extended their support and cooperation.

The team was headed by Dr. Bharath T., NSS Programme Officer of JSSMC unit; accompanied by Dr. Vijaya Vageesh, Assistant Professor of Physiology and MBBS student volunteers.

The NSS team started created health awareness on two important topics.

Firstly, the students were taught about hand hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing.

Secondly, the volunteers were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease 19 (COVID 19). Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were also made aware about the importance and the people who are at high risk requiring the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way but being aware of the problem and tackling the situation, approaching the healthcare providers and hospital in case of any suspicion is the key to control such a pandemic.

Also on demand of school students, a special on-the-spot informative lecture was given by Dr. Bharath on mosquito borne diseases like Dengue, Chickungunya and other vector borne diseases.

The Headmaster of the school thanked the NSS unit of JSSMC for organizing and conducting these activities and arranged refreshments as a token of love and appreciation. The JSSMC NSS unit was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students of the school

Talk on hand hygiene & demonstration of proper steps of hand washing



Awareness about Corona virus disease 19 (COVID 19), Dengue, Chikungunya and other vector borne diseases



SCHOOL HEALTH CHECK UP - 10-03-2020

NSS Unit of JSS Medical College in association with Departments of Physiology and Community Medicine organized health screening programme for students of Government Primary School, Civil Police Quarters, Jalapuri, Mysuru; on 10th March 2020. The school had students from classes 1 to 7. All the NSS Volunteers gathered at 10.30 AM. The Headmaster of the school and the students were very happy and enthusiastic seeing NSS volunteers and welcomed the team wholeheartedly and extended their support and cooperation.

The team was headed by Dr. Bharath T., NSS Programme Officer of JSSMC unit; accompanied by Dr. Vijaya Vageesh, Assistant Professor of Physiology; postgraduates from Department of Community Medicine and MBBS student volunteers.

The NSS unit started with the health check up of the students. Health screening was done for all the school students, along with which the teaching and non-teaching staff of the school was additionally screened. 120 school students were screened by Dr. Bharath, Dr. Vijaya Vageesh and postgraduates from Department of Community Medicine. The particulars of school students, their height and weight were recorded. They were also asked for complaints- like respiratory, gastrointestinal, fever or any other symptoms, if any. They were also examined for anemia, any respiratory or cardiac signs. Following any positive complaint or clinical finding, suitable medications and treatment was advised.

The Headmaster of the school thanked the NSS unit of JSSMC for organizing and conducting these activities and arranged refreshments as a token of love and appreciation. The JSSMC NSS unit was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students of the school



Distribution of chocolates and sweets to school students and decorating their blackboard with great thoughts & teachings



**HEALTH AWARENESS COVID 19 AND HAND HYGIENE JSS COLLEGE
FOR WOMEN, KOLLEGAL - 13-03-2020**

The initiative was taken up by the NSS Unit of JSS Medical College, Mysuru to organize a health awareness programme for college students at Kollegal. Kollegal is a major taluk in Chamaraj nagara district and also the largest taluk in Karnataka, well known for its silk industry, around 70 kms away from Mysore.

On 13th March 2020, the NSS unit reached the JSS College for Women, Kollegal at around 2:00 p.m. It was a beautiful and well maintained campus. It is an Arts and Commerce College. The NSS team of JSSMC was headed by Dr. Bharath T., along with 3 NSS MBBS undergraduate volunteers – Ms. Simran Saluja, Mr. Mohamed Khasim and Ms. Tanuja K N.

Prof. Umesha, Principal of the College, Prof. Prabhu M, Professor from Faculty of Commerce, other professors, staff and the students were very happy and enthusiastic seeing the NSS volunteers and welcomed us wholeheartedly and extended their support and cooperation.

The NSS Unit conducted this health awareness programme for around 80-100 women college students along with the staff members on 2 important topics.

Firstly, the students were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease.

Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, busting the myths created on social media and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic.

Secondly, the students were taught about hand hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing.

The programme continued till around 3:30 p.m. followed by questions and answers session for the students and teachers to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries. Prof. Prabhu thanked the NSS unit, on behalf of the Principal, for

organizing and conducting these activities and arranged refreshments as a token of love and appreciation for all of us. The NSS unit of JSSMC was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students at the college.



**HEALTH AWARENESS COVID 19 AND HAND HYGIENE JSS HIGH
SCHOOL RAMAPURA - 13-03-2020**

The initiative was taken up by the NSS Unit of JSS Medical College, Mysuru to organize a health awareness programme for school students at Ramapura. Ramapura is a village in Southern Karnataka, located in the Hanur taluk of Chamarajnaraga district which is around 110 kms away from Mysore.

On 13th March 2020, the NSS unit reached the JSS High School, Ramapura at around 9:30 a.m. It was a beautiful place with a huge campus and playground. The NSS unit of JSSMC was headed by Dr. Bharath T., along with 3 NSS MBBS undergraduate volunteers – Ms. Simran Saluja, Mr. Mohamed Khasim and Ms. Tanuja K N.

The Headmaster of the school, Mr. Nataraja and the students welcomed us wholeheartedly and extended their support and cooperation.

The NSS Unit conducted this health awareness programme for around 150 high school students on 2 important topics.

Firstly, the students were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease.

Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, busting the myths created on social media and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way ,but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic.

Secondly, the students were taught about hand hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing.

The programme continued till around 10:30 a.m. followed by questions and answers session for the students and teachers to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries. The Headmaster of the school thanked the NSS unit for organizing and conducting these activities. The NSS unit of JSSMC was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students at the school.



**HEALTH AWARENESS COVID 19 AND HAND HYGIENE JSS PRIMARY
SCHOOL RAMAPURA - 13-03-2020**

The initiative was taken up by the NSS Unit of JSS Medical College, Mysuru to organize a health awareness programme for school students at Ramapura. Ramapura is a village in Southern Karnataka, located in the Kollegal taluk of Chamarajnaraga district which is around 110 kms away from Mysore.

On 13th March 2020, the NSS unit reached the JSS Primary School, Ramapura at around 11:30 a.m. It was a beautiful place with paintings on walls by their own students. The NSS unit of JSSMC was headed by Dr. Bharath T., along with 3 NSS MBBS undergraduate volunteers—Ms.Simran Saluja, Mr.Mohamed Khasim and Ms. Tanuja K N.

The Headmaster of the school, Mr. Srikanta and the students welcomed us wholeheartedly and extended their support and cooperation.

The NSS Unit conducted this health awareness programme for around 150 primary school students on 2 important topics.

Firstly, the students were educated and awareness was created about a very important disease that has been declared as a Pandemic by WHO—Corona virus disease.

Dr. Bharath and volunteers talked about the risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, busting the myths created on social media and most importantly the methods of prevention and precautions to be taken to safeguard oneself. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic.

Secondly, the students were taught about Hand Hygiene, its importance and the steps of proper hand washing. The volunteers used a poem written by Dr. Sumana, Professor of Microbiology in lines of a popular poem taught in schools in order to create interest and help them remember the steps of proper hand washing.

The programme continued till around 1:30 p.m. followed by questions and answers session for the students and teachers to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries. The Headmaster of the school thanked the NSS unit for organizing and conducting these activities. The NSS unit of JSSMC was also very thankful and overwhelmed by the great feedback and appreciation provided by the staff and students at the school.



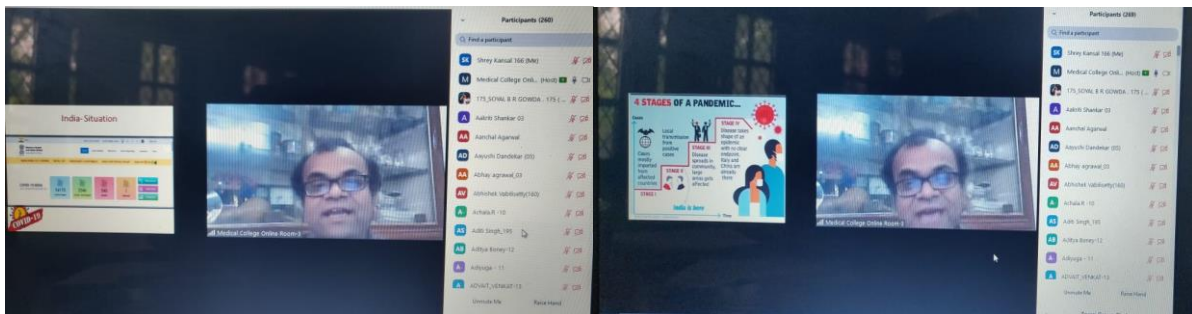
ONLINE SESSION ON COVID-19 AWARENESS 20-04-2020

An online informative session was organized by NSS unit of JSS Medical College on 20th April 2020. Dr Praveen Kulkarni, from Department of Community Medicine of JSS Medical College was the resource person. He spoke on “Spreading awareness and addressing queries regarding the COVID-19 Pandemic” which has threatened the very existence of the human race.

It was conducted for the students and NSS volunteers of JSS Medical College, JSS Dental College, University Departments of JSS Academy of Higher Education and Research.

The various stages of pandemic with respect to the Corona Virus, method of spread of the virus was discussed. The methods for prevention of contracting the virus was discussed which include simple steps like using a face mask while going outside, washing hands thoroughly with soap and water for a minimum of 20 seconds, using 70% alcohol based hand sanitizers, sneezing into the elbow or shirt and washing clothes with sodium hypochlorite solution etc.

The session ended with a note on how the medical professionals could prevent being infected by the Corona virus while answering their duty calls. Importance of social distancing to curb spread of the virus till a vaccine has been found was discussed. Role of Hydroxychloroquine prophylactic treatment for the medical professionals and family members taking care of patients suffering from COVID-19 infection was also discussed. As the session came to a close, all the participants had a better understanding of the dynamics of the pandemic and were better equipped both mentally and emotionally for the ongoing lockdown.

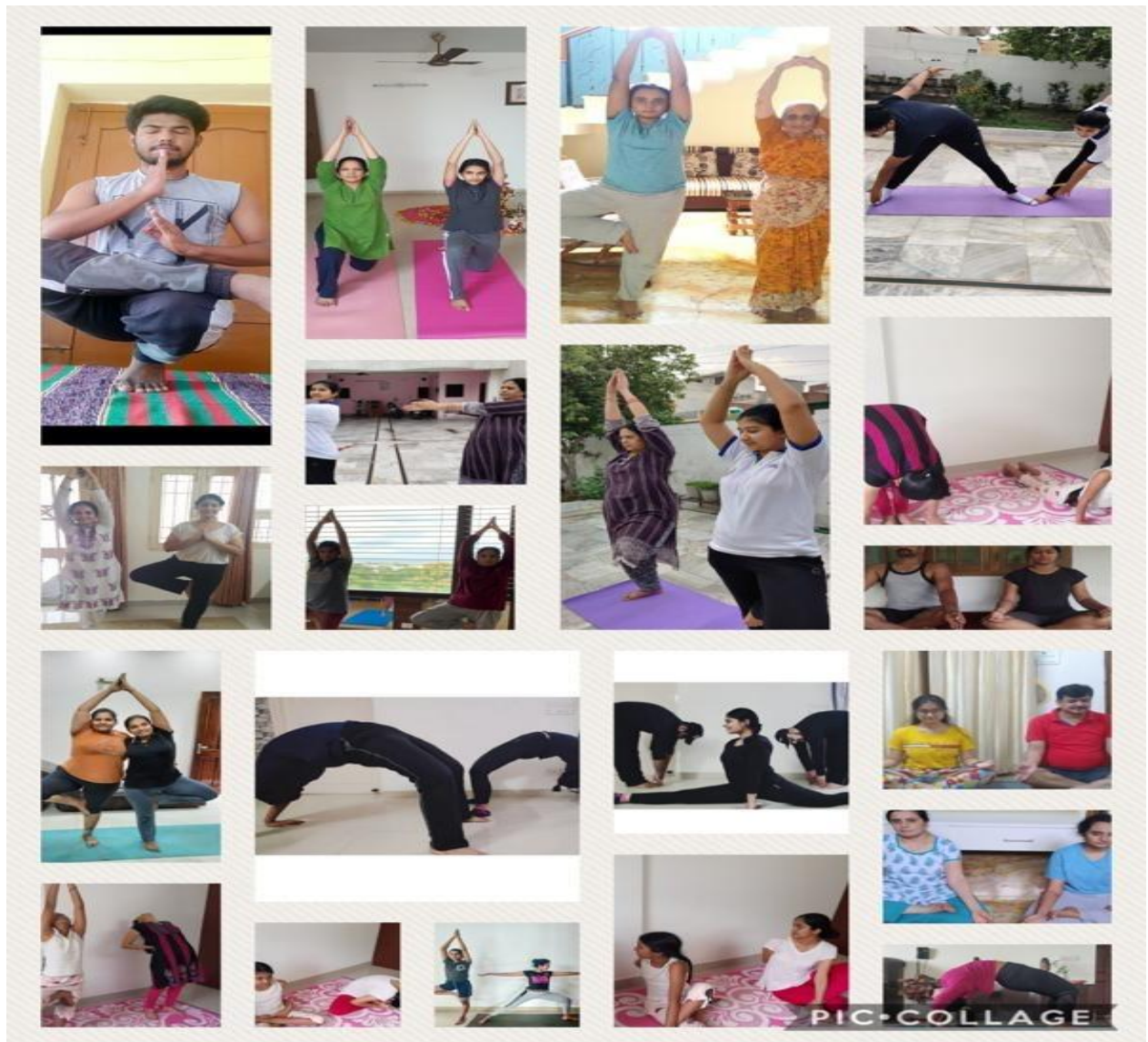




 Shrey Kansal 166 Medical College...	 Nikita Singh	 Dr. M.V. Ravisha...
Anuvarna_3	Poorvika	poornima subha...
Ajmal Meeran S...	Ayushi Singh_55	Anjali Ranjan_17
Jennifer Daniel...	Anila	Aishwarya Amb...
Harichandra C.1...	Sumedha Kasarla	Sruthi K_150
		Jaswanth

INTERNATIONAL YOGA DAY 2020 – “YOGA WITH FAMILY”
21-06-2020

The volunteers of NSS unit of JSS Medical College, constituent college of JSSAHER participated in the ‘Yoga with family’ activity on the occasion of International Yoga Day on 21st June, 2020. The International Day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General Assembly in 2014. Despite being times of the quarantine the volunteers celebrated the true spirit of Yoga by joining hands with their loved ones at home. The volunteers performed various Yoga Asanas from 7 AM to 9 AM in the morning. They had a wonderful and refreshing experience of togetherness and peace through Yoga, the amalgamation of the fitness of the mind, body and soul.



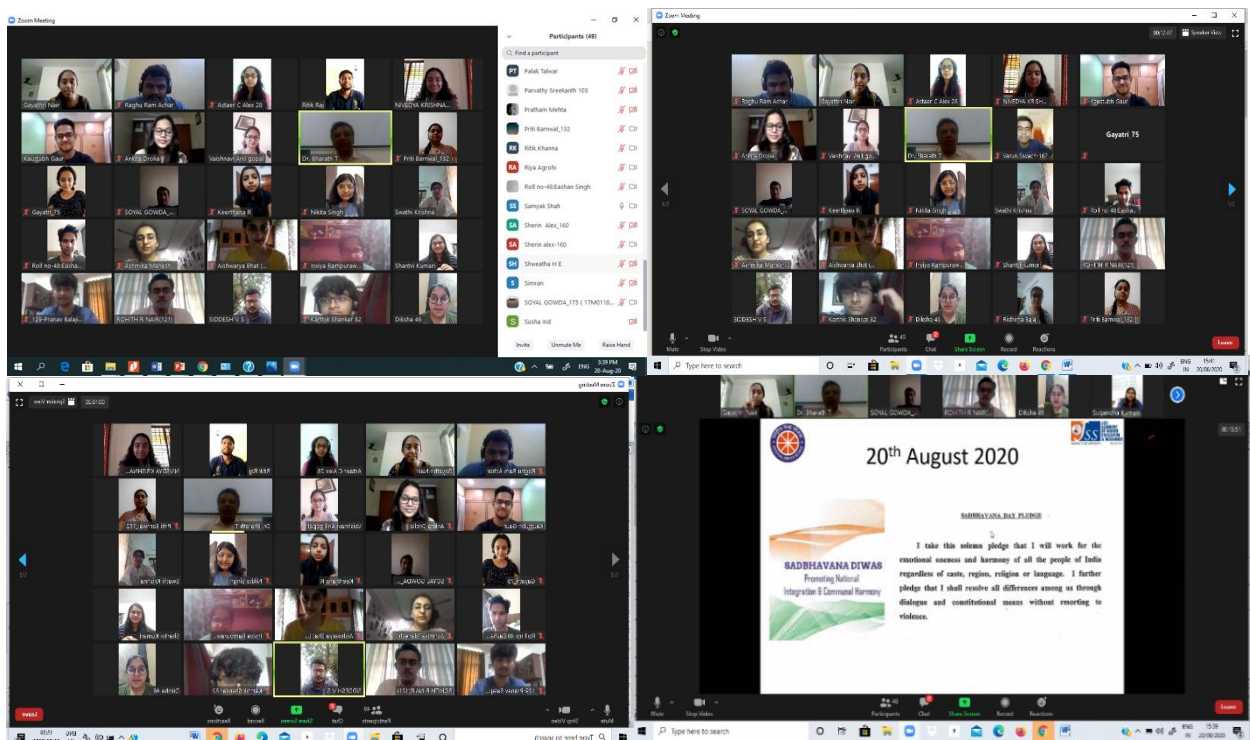
SADHBHAVANA DIWAS: PLEDGE TAKING CEREMONY – 20-08-2020

August 20th is celebrated to commemorate the birth anniversary of our former Prime Minister, Sri Rajiv Gandhi. In his honour, this day is observed as Sadhbhavana Divas to encourage national integration, peace, communal harmony and goodwill towards each other.

On the occasion of the same, NSS unit of JSS Medical College, Mysuru organised an oath taking ceremony on August 20, 2020. Over 50 students volunteered for the ceremony which was conducted on a Zoom meeting (Meeting ID-4131837409), 3:30 pm onwards.

The event was organised by Dr. Bharath T (NSS Programme officer, JSS Medical College) and coordinated by Gayathri S Nair (NSS Student coordinator). Dr. Raghu Ram Achar (Faculty of Life Sciences, JSS Academy of Higher education & Research) was also present to honour this event.

The event commenced with an address on the importance of 'Sadhbhavana' which means 'Good will', especially during the current situation of the COVID-19 pandemic, by Dr. Bharath. Then, the pledge was taken by all the volunteers, with complete determination to live up to the ideals of promotion of unity and brotherhood through 'Ahimsa'. The brief meeting ended on a note of awareness after a short speech by Dr. Raghu Ram Achar and Dr. Bharath. This meeting indeed brought in, a sense of responsibility among volunteers and a promise to live by the true spirit of this celebratory occasion.



MANAGEMENT OF STRESS DURING COVID19- STATE LEVEL
WEBFERENCE - 25-08-2020

The current worldwide outbreak of Covid-19 has left many people with concerns about the spread of this new disease. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. Thus, making stress management an imperative part of one's learning.

NSS units of JSS Academy of Higher Education & Research, Mysuru organised a state level Webference cum interactive session on "Management on Stress During Covid19" in association with Department of Youth Empowerment and Sports; NSS Cell, Government of Karnataka and Yuva Spandana, NIMHANS, Bengaluru. The event was successfully conducted on August 25, 2020 - 10:00 am to 1 pm via Zoom application. Students, NSS volunteers, teachers and general public in and around Karnataka had participated in this event, with over 400 registrations received.

The webference commenced with Dr. Raghu Ram Achar's welcome address. Ensuing which Shri. K V Khadri Narasimhaiah (Regional Director, Regional Directorate, Bengaluru) addressed the assembly as the chief guest for the day which was followed by inauguration and presidential address by Dr. B. Manjunatha (Registrar JSS AHER, Mysuru). The NSS anthem was sung.

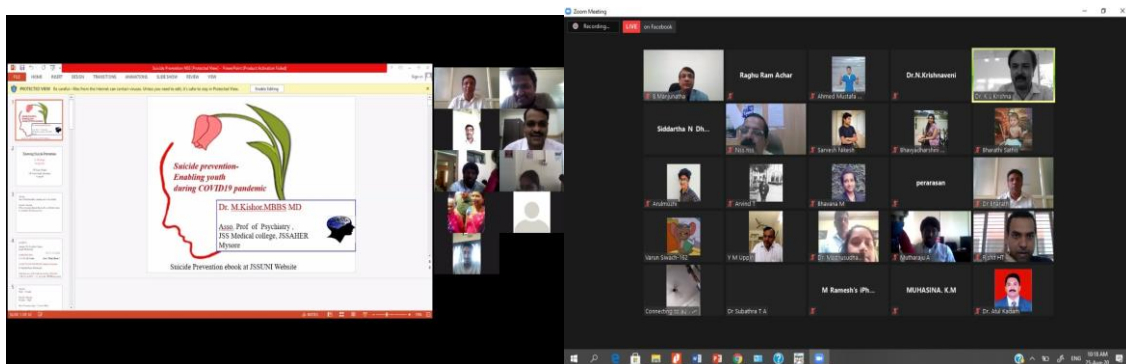
The session began at 10.30 am with Dr. Babu B (NSS Program Officer, JSS College of Pharmacy, Ooty) moderated the first session by Dr. Muthuraj (Project Coordinator, Yuva Spandana, Department of Epidemiology, Centre for Public Health, NIMHANS, Bengaluru). Dr. Muthuraj engaged the audience in an enlightening session on the management of stress during Covid 19. Addressing the issue at hand, he stated the importance of being aware of the various sources of stress and various methods of avoiding it. Stress could be avoided by trusting information regarding the pandemic, obtained from reliable sources only, staying away from media as that constantly adds on to anxiety. Subsequently, a discussion session was conducted.

Following which Dr. Bharath T (NSS Program Officer, JSS Medical College) moderated the next session which was Dr. Kishor M's (Associate Professor, Department of Psychiatry, JSS Hospital Mysuru) address on the topic - 'Suicide Prevention- Enabling Youth during COVID19 pandemic'. Dr. Kishor discussed about the various causes and signs associated with thoughts of suicide. To be able to prevent suicide, empathising with people who are depressed is of paramount importance and that optimism goes a long way to help revive a person from depression. In the situation of lockdown, when social distancing is unavoidable, we should be a support for each other, we should give a listening ear to our family and friends. He talked about the basic processes involved in therapy of persons who have attempted suicide.

Avoiding personal bias, counselling approach, team discussion, identifying risk factors, offering closer follow-up and referring the patient when the need be are cardinal steps in treatment. Persuading those in distress to seek medical support can never be stressed upon enough. The lecture enabled all to approach suicide prevention as a team effort in which each individual involved is a key link to help the person in distress to return to a normal lifestyle. Seeing the enthusiastic participation of the attendees, discussion and question - answer session was conducted.

The event came to a closure with remarks by Dr. B. Manjunatha (Registrar JSS AHER, Mysuru), and concluded by the NSS song by Dr. Ningaraju and Dr. Madhusudhan (NSS Unit, University of Mysore, Mysuru). Vote of thanks was delivered by Dr. Thippeswamy H.M.

The webference ended on a high note of awareness and a sense of responsibility among the participants.



SYMPOSIUM ON COVID-19 - 05-10-2020

A symposium on CoVID19 which aimed to provide comprehensive knowledge to all was organised on October 5, 2020 by Department of Physiology, JSS Medical College, Mysuru in association with the NSS unit of JSS Medical College. In the current scenario, it is imperative to be aware about the different aspects of CoVID-19 and several experts from different fields of Medicine addressed on different aspects of the same. Symposium was conducted online mode.

The symposium commenced with Dr. Narayana Murthy (Prof and Head, Department of Community Medicine) delivering a speech on epidemiological aspects & the current scenario of the disease, ranging from its history & data to emphasizing the need of “SMS” (Social distancing, Masks, Sanitization).

The session was followed by Dr. Vijaya B (Prof and Head, Department of Pathology) addressing the Pathophysiology of the Coronavirus infection. She elucidated how the virus establishes the infection in early stage, severe infection & in cases of multi organ failure while illustrating the involved histopathological findings in cases of infection like cellular infiltration, pulmonary edema, congestion of vessels etc. It was followed by a Question-Answer session.

Further Dr. Vidyavathi B Chitharagi (Asst. Professor, Department of Microbiology) elaborated the structure of virus & diagnostic procedure (Specimen collection, latest techniques of viral load detection etc.) which gave the students a better understanding of how the SARS-Cov2 virus causes the disease.

To give an idea of the clinical picture of the disease, Dr. Nandini K (Asst. Professor, Department of General Medicine) engaged the audience in a lecture regarding the ‘Clinical Presentation of a CoVID19 Patient’. Discussing the general symptoms & systemic symptoms, she covered all the aspects in addition to covering important terms like Happy Hypoxia, Post CoVID Syndrome, and probable case among several others.

Next up, Dr. Venkatesh C R (Asst. Professor, Department of General Medicine) started off his presentation by stating, “The end of this epidemic is not by clinical medicine, but by preventive medicine.” Subsequently he enumerated the management of CoVID-19 whilst discussing the drugs available (like HCQ, Ivermectin, Tocilizumab etc.), relevance of supplements, International & National guidelines regarding the same. Following which he answered the doubts raised by the participants.

Lastly, Dr. Shwethashree M (Asst. Professor, Department of Community Medicine) addressed the audience on ‘Preventive & Control Measures’ to be taken. She emphasized on essentials like mask management, handwashing, social distancing.

The symposium came to a closure with Dr. Vijaya Vageesh (Associate Professor, Department of Physiology) delivering a vote of thanks, expressing gratitude for the faculty & the organisers, and reinforcing the fact that the knowledge brought to the table here is quintessential for all of us, our acquaintances as well.

The event was successfully organised by Dr. Rajalakshmi R (Professor and Head, Department of Physiology) and Dr. Bharath T (NSS Programme Officer, JSS Medical College). The symposium which had more than 700 participants ended on a high note of awareness and a sense of responsibility among the participants.

