

NSS ACTIVITIES - 2021-2022

International Women's Day celebration 08-03-2021

NSS unit of JSS Medical College and Internal Quality Assurance Cell of JSS Medical College celebrated International Women's Day on 8th March 2021.

Dr. Smitha, Department of Community Medicine, welcomed the gathering. Dr. Nagashree, Department of Physiology, sung the invocation song. The event was honoured by the graceful presence of special guests, Dr.H. Basavana Gowdappa, Principal JSS Medical College; Dr. Kushalappa PA, Director Academics, JSSAHER; Mrs. Kokila MS, Deputy Registrar, JSSAHER.

The extraordinary women achievers of JSS Medical College & Hospital were called upon the dais by Dr. Suma MN, Vice Principal, JSS Medical College.

The women achievers felicitated on the occasion were:

1. Dr. Pratibha Pereira (Professor & Head of Geriatrics) is a lady with inexplicable dedication towards the care of the geriatric group and is known for her humanitarian & empathetic approach towards the community especially including her home services for the needy at doorstep. Her efforts towards the NABH accreditation and the CDSA & Vaccine trial were remarkable.
2. Dr. Bharathi M B (Professor of Otorhinolaryngology), an ever smiling and disciplined worker, serves as the Woman President of the Indian Association of Oto-Rhino-Laryngology currently
3. Dr. Sumana M N (Professor of Microbiology), a charming & dedicated practitioner, appreciated for her remarkable efforts in efficiently handling the challenges encountered in establishing a CoVID testing lab at JSS Hospital amidst the pandemic.
4. Dr. Akila Prashant (Professor of Biochemistry) who is an avid researcher – has received numerous grants and guided several research scholars, is the key person in the establishment of Centre of Excellence in Molecular Biology & Regenerative Medicine (VGST Grants), the department of Medical Genetics and initiating inborn error in metabolism testing, marker testing & cytogenetic investigations at JSS Hospital.
5. Dr. Vidya C S (Professor of Anatomy) for her extensive support in getting national and international recognition for JSS Medical College. Her committed work in THE, QS, India Today, NIRF ranking has fetched laurels to the institution.
6. Dr. Deepa Bhat (Associate Professor of Anatomy, Board for Genetic Counsellors of India - Level 2 Counsellor) established the genetic counselling clinic at the department of paediatrics and has counselled around 900 families till date. She is also the state co-ordinator for National Task Force for Sickle Cell Disease from ICMR with a funding of 75 lakhs, the coordinator for Organisation for Rare Diseases of India

(ORD), and the very renowned Race for 7 among several other activities for the youth. She is highly appreciated for her sponsorship for enzyme replacement therapy of liposomal storage disease at JSS Hospital.

7. Dr. Archana S (Assistant Professor in Anaesthesia) who has a great passion in providing skill training and was a great contributor in establishing JSS Skill and Simulation centre.
8. Dr. Shilpa Avarabele (Assistant Professor in Geriatric Medicine), a dedicated specialist who is always ready to accept any responsibility was appreciated for her efforts in the Sputnik vaccine trial and a fellowship in Geriatric Medicine.

These achievers were felicitated by Dr. Basavana Gowdappa, Dr. Kushalappa PA, Mrs. Kokila MS, Dr. Suma MN, Dr. Dakshayini, Dr. Prashant Vishwanath, IQAC Coordinator, JSSAHER and Mr. Pradeep, AAO, JSSMC. This was followed by Dr. Basavana Gowdappa's congratulatory words for everyone and he discerned how every woman is a champion by herself. Ensuing which Dr. Bharathi MB thanked all the women for their continuous and astonishing efforts towards the betterment of the society. Dr. Kushalappa graced the occasion with his melodious voice by singing a song dedicated to our mothers, the greatest woman in everyone's life. "A man may have greater muscle quotient, but it can never compensate for the emotional quotient of a woman", Dr. Kushalappa quoted one of his colleagues and described how 24*7, 365 days of a year - it is a woman's day. Ensuing this, Dr. Kokila addressed the audience in an encouraging speech. Dr. Deepa Bhat delivered a vote of thanks. High tea was arranged following the celebration.

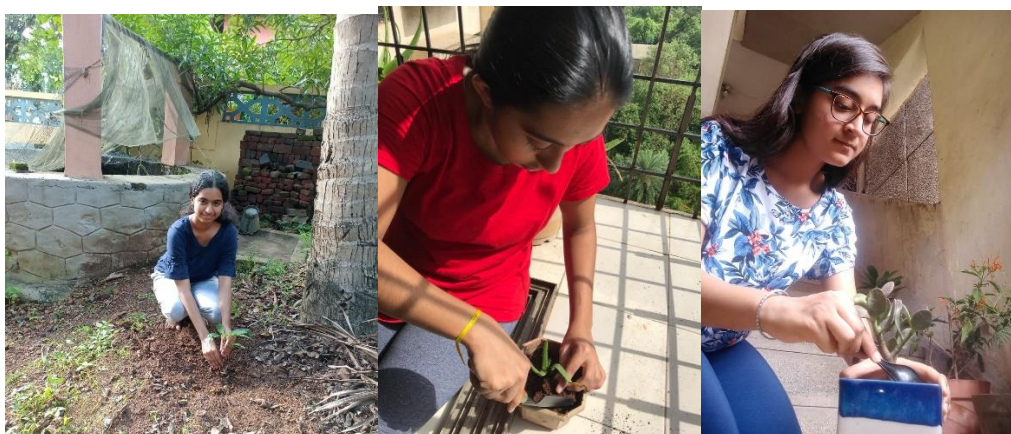




WORLD ENVIRONMENT DAY 2021 CELEBRATION

Only with a healthy ecosystem we can enhance people's livelihoods, counteract climate change and stop the collapse of biodiversity.

In line with this year's World Environment Day's theme - '**Ecosystem Restoration**', NSS unit of JSS Medical College, Mysuru, conducted "**Plant a sapling**" competition as part of the World Environment Day celebration on 05-06-2021 to encourage young volunteers to plant saplings and take care of them. Volunteers planted saplings at home and took photographs while planting them. Three best entries were awarded certificates based on the order of best involvement. Order of best involvement was judged by Dr. Rajalakshmi R., Professor & Head, Department of Physiology, JSS Medical College. First place was awarded to Nivedya Krishnan, second place was awarded to Gayathri Nair and third place was awarded to Ridhima Bajaj. The event brought a sense of awareness & responsibility among volunteers, promising to live by the true spirit of this occasion.



INTERNATIONAL YOGA DAY CELEBRATION 21-06-2021

Department of Yoga, JSSAHER, and NSS units of JSSAHER celebrated International Yoga Day virtually on 21-06-2021. Virtual Yoga event and practice session of Yoga was arranged using Zoom platform and the event was live-streamed on JSSAHER Youtube channel. The event was graced by Dr. Manjunatha B., Registrar, JSSAHER; Dr. P.A. Kushalappa, Director Academics, JSSAHER; Mrs. Kokila, Deputy Registrar, JSSAHER; Dr. T.M. Pramod Kumar, Principal, JSS College of Pharmacy, Mysore; and other dignitaries. The event started at 6.30 AM with the prayer and reciting of a shloka by Dr. Sujan, Assistant Professor, Department of Yoga, JSSAHER. He also instructed common rules to be followed by the participants during the practice. Two Yoga demonstrators demonstrated how to perform Yoga asanas and the participants were verbally instructed by Dr. Sujan simultaneously. The participants were asked to follow the demonstrators and verbal instructions. Various Yoga asanas were performed followed by pranayama. Following the yoga session, participants were asked to share their views and feedback about the session. The event ended at 8.00 AM with the proposal of a vote of thanks. Certificates were issued to the registered participants.



NSS INTERNATIONAL YOGA DAY CELEBRATION- BEST YOGA ASANA POSE COMPETITION - 21-06-2021

In line with this year's theme of International Yoga Day **“Be with Yoga, Be at Home”**, NSS unit of JSS Medical College conducted **“Best Yoga asana pose”** competition to encourage young NSS volunteers to perform and practise yoga asanas. The volunteers participated in the activity on the occasion of 7th International Yoga Day on 21st June, 2021. The International Day of Yoga has been celebrated annually on 21 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 practising Yoga at home. The volunteers performed various yoga asanas at convenient time between 5 AM and 8 AM in the morning. The photographs of volunteers performing yoga asanas were submitted for the competition. Dr. Sujan, Assistant Professor, Department of Yoga, JSSAHER, was the Judge. First prize was awarded to Naren Menon of 6th term (Muktha Hastasana), second prize was awarded to Aishwarya Bhat of 6th term (Lagu Vajrasana), third prize was awarded to Rithvik of 6th term (variation of Sankhyasana). Volunteers expressed that they had a wonderful and refreshing experience of peace through Yoga, the amalgamation of the fitness of the mind, body and soul.

