

NSS ACTIVITIES – 2022-2023

BIO-WASTE MANAGEMENT AWARENESS PROGRAMME

23-11-2021

The first cases of COVID-19 in India were reported in January 2020 and ever since, the infectious disease has spread rampantly, acquainting us to the new normal of wearing masks and face shields. Masks are now being used at regular basis, generating a lot of biomedical waste in the form of used masks. Hence, in these times, biomedical waste management is of great importance to reduce the serious health implications and to protect public health and environment.

Keeping the same agenda in mind, the NSS Unit of JSS Medical College, Mysuru organized an awareness programme to address the topic “Bio-Waste management”. It was conducted on 23 November 2021 in JSS High School, Bannimantap, Mysuru with over 8 volunteers participating in it. Around 140 students were educated about biomedical waste, use of color coded dustbins, disposal of house hold waste and mask disposal. This was achieved through the medium of poster and skit presentation and with active interaction with the students.

The programme was conducted in the honored presence Dr.Bharath T (NSS Programme Officer, JSS Medical College) and Dr.Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who enlightened the students with their valuable inputs. It was concluded successfully with the students gaining an insight into how to manage the waste they produce.



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COVID 19 AWARENESS PROGRAMME

Amid the ongoing COVID 19 Pandemic and considering its widespread effects on human lives, it is extremely important to educate the young generation about what actually COVID 19 is and various other aspects related to it.

To address the same issue, the NSS Unit of JSS Medical College, Mysuru organized a COVID-19 Awareness Programme on 23 November 2021 in JSS High School, Bannimantap, Mysuru. Around 8 volunteers participated in the programme and through the medium of skit and poster presentation, over 140 students were educated about an extensive list of aspects related to the disease like, what is COVID-19, its symptoms, precautions and preventive measures to avoid the spread of COVID-19, basis of treatment & associated myths and facts. They were also made aware about India's vaccination programme and relevant facts.

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DENGUE AWARENESS PROGRAMME

With the onset of monsoon, the district of Mysuru experienced a surge in the number of dengue fever cases. As of 17 November 2021, 108 cases and 2 deaths were recorded in Mysuru. Amidst the rising number of cases, it becomes important to promote health education and public awareness to improve the control of dengue mosquito vector.

In accordance to this, the NSS Unit of JSS Medical College, Mysuru organized an awareness programme on 23 November 2021 in JSS High School, Bannimantap, Mysuru. Over 140 students were educated about what dengue is and its causes, its symptoms and how to prevent its spread. They were also told about the immunity boosting foods that can be consumed.

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MASK DISTRIBUTION DRIVE

The impact of Coronavirus pandemic on India has been largely disruptive in terms of loss of human lives as well as economic activity. It is extremely important to ensure the prevention of further spread of the disease.

In view of the same agenda, the NSS Unit of JSS Medical College, Mysuru organized a Mask Distribution Drive on 23 November 2021 in JSS High School, Bannimantap, Mysuru. Considering that the students belong to a lower socio- economic stratum and cannot afford buying new masks on a regular basis, around 25 NSS Volunteers distributed cloth masks among 140 students of the school.

The programme was conducted in the honored presence Dr.Bharath T (NSS Programme Officer, JSS Medical College) and Dr.Ravishankar (Assistant NSS Programme Officer, JSS Medical College). The drive ended on a high note with the volunteers motivating the students to wash their masks regularly and follow COVID appropriate behavior.



MENSTRUAL HYGIENE AWARENESS PROGRAMME

Menstrual Hygiene is vital to the empowerment and well-being of women and girls worldwide. Lack of menstrual hygiene can pose as a very important risk factor in development of reproductive tract infections, and hence it is vital to educate adolescent girls about it.

In pursuit of the same, the NSS Unit of JSS Medical College, Mysuru organized an awareness programme on 23 November 2021, in JSS High School, Bannimantap, Mysuru with over 8 volunteers participating in it. The aim was to educate adolescent menstruating girls about various aspects of menstrual hygiene. Over 60 girls of age group 13-18 were educated about importance of menstrual hygiene, proper disposal of pads, necessary dietary modifications while menstruating and common taboos about menstruation, through the medium of skit and poster presentation.

The programme was conducted in the honored presence of Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. Ravishankar (Assistant NSS Programme Officer, JSS Medical College). The awareness programme was concluded successfully with valuable inputs from the teaching staff of the school.



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RADIATION HAZARD AWARENESS PROGRAMME

Radiation refers to tiny, invisible or high speed particles or high energy electromagnetic wave energy that passes from one location to another. Radiation is considered to be a boon and a bane to humanity. Although it is a valuable asset to health care and other industries, its harmful effect on human lives cannot be ignored.

To address the lack of awareness about radiation and its potential hazards, the NSS unit of JSS Medical College, Mysuru conducted an awareness programme in JSS High School, Bannimantap, Mysuru on 23 November 2021. With around 8 volunteers taking part in it, the programme was conducted in 4 sessions to educate over 140 students about both pros and cons of radiation and letting them decide the judicial way of usage. It was done through the medium of skit presentation.

The programme was conducted in the honored presence Dr. Bharath T (NSS Programme Officer, JSS Medical College) and Dr. Ravishankar (Assistant NSS Programme Officer, JSS Medical College), who added to the success of the programme through their valuable inputs. The programme ended with the demonstration of a 3 step drill that students should follow in case of a radiation accident.



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NSS ANNUAL SPECIAL CAMP 14-03-2022 TO 20-03-2022

NSS unit of JSS Medical College had organized an annual special camp from 14th to-20th of March 2022 at Naguvanahalli Gram Panchayat limits, Srirangapattana Taluk, Mandya district. Free health screening and treatment camp was conducted as part of the NSS annual special camp. The camp was organized under the supervision of NSS Programme Officer Dr. Bharath T., and Dr.MV Ravishankar, Assistant NSS Programme Officer from JSS Medical College, Mysuru. The medical camp was conducted in Naguvanahalli Gram Panchayat jurisdiction covering 7 villages i.e., Naguvanahalli, Bhramapura, Bommuru Agrahara, Chandagalu, Belawadi, Naguvanahalli Ambedkar Colony and Rajiv Gandhi Nagar. The camp was conducted in one village each day.

On 14th March 2022 camp activities began with an inauguration ceremony which was presided by Smt. Suma S, President Gram Panchayat, Naguvanahalli. The camp was inaugurated by lighting a lamp. The programme was attended by members and officials of Gram Panchayat. Mr. S.R. Sathish Chandra, Chief Administrative Officer of JSS Medical College, was the chief guest of the inaugural ceremony. Mr. S.R.Sathish Chandra addressed the vast gathering by underscoring the importance of such free medical health camps and advised villagers to take the benefit of doorstep services. He also encouraged and appreciated the active and voluntary participation of medical students under NSS activity and insisted the budding doctors make up their minds in the future to serve the bottom billion unprivileged rural population in the society.

The medical health camp team had involved volunteers for different medical counters. Services were offered by a General Physician, Obstetrician & Gynaecologist, and a Paediatrician from JSS Hospital, Mysuru. There were different counters for recording the blood pressure (BP), testing capillary blood glucose (Blood Sugar), recording electrocardiogram (ECG); and one pharmacy counter was set up to dispense free medicine for all the patients who were prescribed medication by the concerned doctors. About 903 patients benefitted from the services offered during the free medical health camp series; it mainly included a large number of children, women, and old-aged population. ECG was recorded on 58 patients, blood sugar (CBG) was tested in 480 patients, and free drugs were distributed to 528 patients. All these adjuvant services along with the patient registration counter were effectively managed by 50 NSS volunteer medical students from JSS Medical College, who were actively and tirelessly involved in assisting these counters for all 7 days throughout the conduct of the camp.

Along with this, the students took the initiative to spread awareness about the issues of importance such as nutrition, Covid 19 and menstrual hygiene, etc. A small group of students went door to door, covering most of the houses of the village to create awareness and impart knowledge to the families through posters, flyers, etc. Students discussed with the villagers to ascertain the myths and truths. Students visited different schools to spread awareness on health and hygiene. The residents of the village and school students were extremely receptive to the information being given to them.

On the seventh day of the camp i.e., 20 March 2022, a valedictory ceremony was held at Naguvanahalli Ambedkar Colony, Naguvanahalli Village. The ceremony was honoured by the presence of the respected President, Vice-President, Panchayat Development Officer, and members of the Gram Panchayat, Naguvanahalli. Final remarks regarding the whole programme were passed by Vice-Principal of JSS Dental College, Dr. Chandrashekhar B.R., and NSS Programme Officer Dr. Bharath T. Some of the student volunteers expressed their experience about the programme. On behalf of large number of beneficiaries of the village, a member of the concerned Gram Panchayat overwhelmingly expressed gratitude towards outstanding services rendered through the NSS scheme.

NSS unit officer Dr. Bharath T. delivered the valedictory speech. He expressed his delight on the success of the camp in providing the volunteers with an invaluable learning experience and thanked the various dignitaries who ensured the proficient functioning of the camp. The programme ended by delivering vote of thanks by expressing heartfelt gratitude for all participants, volunteers, organizers, and office bearers of Naguvanahalli Gram Panchayat, Srirangapattana Taluk, Mandya district, who made this event a grand success.



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.

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

The theme for International Yoga Day in 2022 is **'Yoga for Humanity'**, which is intended at bringing to light the physical, mental and emotional state of people. The theme was selected with the aim to inspire the yoga community for global development. The theme has been selected after much deliberation/consultation and it appropriately portrays, how during the peak of Covid-19 pandemic, yoga served the humanity in alleviating the sufferings.



8th edition of International Yoga day was celebrated on 21-06-2022. Honourable Prime Minister **Narendra Modi** on Tuesday 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 said, “I extend my greetings to all on the IYD. Today, Yoga is being practised in all parts of the world. Yoga brings peace for us. The peace from Yoga is not only for individuals, it brings peace to our nations and the world.” He said that yoga has become a global festival as there is widespread acceptance of the ancient Indian practice. Yoga demonstration was done for 45mins, PM Modi said, “The acceptance of that Amrit spirit of India which gave energy to India’s freedom struggle. That is why mass yoga demonstrations are being organised at 75 iconic locations across the country”

More than 15,000 people participated in the Yoga celebrations along with the Prime Minister. About 164 NSS volunteers, staffs and students of JSSAHER, Mysuru participated in IYD.

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.

YOGA TRAINING FOR MBBS STUDENTS AS PER NMC GUIDELINES

As per the NMC guidelines, Yoga training was given to the 1st year MBBS Students, from 10th June to 19th June 2022 between 4.30pm to 5.30pm.

Dr. Sujan MU from Yoga department was the Co-ordinator for the Programme. Dr.Rajalakshmi R. and Dr.Srinath C.G. were the Co-ordinators from the department of Physiology. The students were divided into two batches. For the roll numbers from 1 to 100 JSSMC auditorium 2nd floor and for the roll numbers from 101 to 200 JSSMC Exam hall 3rd floor was used. There four qualified yoga instructors, who conducted the Yoga classes.

From the department of Physiology, two faculties were deputed for monitoring the Yoga sessions every day. On all the days attendance was taken. The yoga instructors taught the students about various types of asanas, pranayamas and meditation techniques. The students participated actively in the Yoga classes on all the days. All the students had their own Yoga mat and they followed the dress code which was Track pant and T-shirt. There was a good feedback response from the students.

The entire Yoga training program was well planned and organised and conducted according to the Medical students. It created interest in the students and the knowledge of Yoga was imparted to students. Many students have interest to continue their yoga classes regularly. Our yoga sessions had positive impact on the students and some of them also participated in international yoga day celebration conducted at Mysore palace on 21st June 2020 along with our honourable Prime Minister Narendra Modi. Over this entire Yoga training programme was very successful.

