

Report

Orientation Programme on ‘Health & Hygiene’ for Hostel and Food Court Staff, JSS CPM, JSS AHER, Mysuru

20.06.2026, Saturday, 10.30AM

Introduction

Recognizing the critical role of hostel and food court staff in ensuring the health, safety and well-being of students, staff and visitors, the Internal Quality Assurance Cell (IQAC), JSS Academy of Higher Education & Research (JSS AHER), Mysuru organized an Orientation Programme on ‘**Health & Hygiene**’ for hostel and food court staff. The programme aimed to enhance awareness regarding hygienic food preparation, balanced nutrition, food safety standards, personal hygiene practices and compliance with food safety regulations.

The programme focused on strengthening the knowledge and practical skills of food handlers to maintain high standards of cleanliness, prevent foodborne illnesses and promote healthy dietary practices within the institution was held on 20.06.2026, Saturday, 10.30 AM.

Inaugural Session

The programme commenced with an inaugural session attended by administrators, hostel wardens, food court supervisors and participants.

The dignitaries emphasized the importance of food safety and hygiene in maintaining a healthy campus environment. They highlighted that hostel and food court staff are key contributors to the health and satisfaction of students and residents and encouraged participants to adopt best practices in food handling, sanitation and personal hygiene.

The inaugural session concluded with a vote of thanks and an appeal for continuous learning and adherence to food safety standards.

Mrs. Kokila M.S, Administrative Officer, JSS College of Pharmacy, Mysuru, addressed the participants and highlighted the importance of healthy food, balanced nutrition, food safety and personal hygiene in hostel kitchens. She iterated that **“Everything starts with the mind and ends with the mind,”** emphasising on the responsible mindset that is essential for maintaining hygiene and food quality. She explained proper food preparation, cleanliness practices, safe serving methods and created awareness about FSSAI guidelines, protective clothing, regular health check-ups and vaccination, guiding the staff to maintain hygiene, food quality and safety at every stage of food preparation and service.



Mr. J. Suresh, Warden, JSS College of Pharmacy, Mysuru, addressed the gathering and emphasized the importance of personal hygiene and the facilities and services provided to the hostel staff. He stated that students are the top priority and stressed that food should be served with humility and care. He also highlighted the need to maintain both taste and cleanliness in food preparation and service to ensure the health, satisfaction and well-being of students.



Session 1: Best cooking practices to retain nutrients

Resource Person: Dr. Netravathi Hiremath, Assistant Professor, Department of Nutrition and Dietetics, JSSAHER, Mysuru

Dr. Netravathi Hiremath, conducted an informative session on the importance of healthy food and a balanced diet. She explained the concept of a balanced diet and emphasized the need to include cereals, pulses, fruits, vegetables, milk and protein-rich foods in daily meals. She also highlighted the importance of macronutrients and micronutrients, such as carbohydrates, proteins, fats, vitamins and minerals, for maintaining good health and preventing nutritional deficiencies. The session encouraged participants to provide nutritious, balanced and wholesome meals to hostel residents.



Session 2: Hygiene practices to ensure safety: Kitchen rules

Resource Person: Dr. Veena BM, Assistant Professor, Department of Nutrition and Dietetics, JSSAHER, Mysuru

Dr. Veena B. M., conducted an informative session on food hygiene, food safety and personal hygiene for food handlers. She explained the importance of maintaining cleanliness during food preparation and following FSSAI guidelines to prevent food contamination. She also emphasized good personal hygiene practices such as proper handwashing, wearing clean uniforms, using protective clothing like aprons, gloves and hair nets and maintaining a clean kitchen environment. In addition, she created awareness about regular health check-ups, disease prevention and the importance of Hepatitis B vaccination for food handlers to ensure safe and healthy food service.



The event was coordinated by Dr. Sumana K, Deputy Dean (IQAC) and Dr. Supreeth M, Assistant Dean (IQAC), JSSAHER.

The programme concluded with a hands-on practical demonstration in the kitchen, where participants were trained in hygienic food preparation practices and structured meal service to ensure food safety and quality for students.



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DEAN (IQAC)
JSSAHER, Mysuru