

Report

Orientation on 'Health and Hygiene' for Hostel Staff, JSSMC, JSS AHER, Mysuru

Date: 02.07.2026

Thursday, 2 PM

The Internal Quality Assurance Cell (IQAC), JSS Academy of Higher Education & Research (JSS AHER), Mysuru, organized an Orientation Programme on 'Health and Hygiene' for Hostel Staff on 2 July 2026. The programme was conducted to create awareness among hostel staff about the importance of health, personal hygiene and food safety in maintaining a clean and healthy environment. It aimed to enhance the knowledge and skills of the staff by promoting best practices in food handling, sanitation, nutrition and workplace hygiene, thereby ensuring the health, safety and well-being of students, staff and visitors.

Inaugural Session

The programme commenced with an inaugural session attended by university officials, administrators, hostel wardens, food court supervisors and staff members. The dignitaries emphasized the importance of health, hygiene and food safety in ensuring a safe and healthy campus environment. They encouraged the participants to maintain high standards of cleanliness, personal hygiene and food handling practices.



Mr. Sathish Chandra, Administrative Officer (AO), JSS Medical College, Mysuru, addressed the participants and emphasized that every employee is a valuable asset to the institution. He encouraged the hostel and food court staff to carry out their responsibilities with sincerity, discipline and a strong commitment to health, hygiene and food safety. He also appreciated the initiative of the Internal Quality Assurance Cell (IQAC) in organizing the programme and highlighted that such orientation programmes are essential to periodically update employees on best practices and institutional standards.



Dr. Madhu B, Professor and Head, Department of Community Medicine, JSS Medical College, JSS AHER, Mysuru addressed the participants and emphasized that teamwork plays a crucial role in maintaining quality hostel services, a strength that was appreciated and reiterated by the previous NAAC Peer Team. She highlighted that the health, hygiene and comfort of hostel students should always be the top priority. She emphasised on the importance of maintaining personal hygiene during both food preparation and serving. She also encouraged the staff to serve food with care, compassion and a positive attitude, as such dedicated service helps students feel at home and leaves a lasting impression that they remember and appreciate even after graduation.



Session 1: Cook Right, Eat Healthy: Practical Tips to Retain Nutrients in Food

Dr. Syed Farha, Assistant Professor, Department of Nutrition and Dietetics, JSS AHER, Mysuru addressed the participants on the importance of a balanced diet and the appropriate proportions of macronutrients and micronutrients required for good health. She explained the need to adopt proper cooking methods to minimize nutrient loss and preserve the nutritional value of food. She emphasized that a balanced meal should include adequate amounts of carbohydrates, proteins, healthy fats, fibre, vitamins and minerals to support the growth, immunity and overall well-being of students.

She also highlighted the importance of handling and storage of pulses, grains, fruits and vegetables to maintain food quality, safety and nutritional value. She encouraged the participants to use fresh, seasonal ingredients and to avoid overcooking food, as excessive heat can reduce the nutrient content of vegetables and other foods. She further stressed the importance of maintaining portion control, minimizing food wastage and following hygienic cooking practices to ensure that every meal served is safe, nutritious and well-balanced.



Session 2: From Kitchen to Consumer: Ensuring Food Safety Through Hygiene

Dr. Navya Raj, Assistant Professor, Department of Nutrition and Dietetics, JSS AHER, Mysuru, delivered an informative session on personal hygiene and food safety, emphasizing proper handwashing, personal cleanliness and hygienic food handling practices to prevent food contamination. She highlighted the importance of safe food storage, regular kitchen sanitation and proper waste segregation into biodegradable and non-biodegradable bins. She also explained the need for effective degreasing methods to clean grease and oil stains, safe storage of insecticides and chemicals away from food and regular pest control. She encouraged the participants to follow these practices consistently to ensure safe food and maintain a clean, healthy and hygienic kitchen environment.



The session was concluded with the demonstration of hygienic practices at the respective girls and boys hostel.



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Dean (IQAC)
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