



JSS Academy of Higher Education & Research
(Deemed to be University) (Accredited A+ Grade by NAAC)

COMPENDIUM ON SDG-11

SUSTAINABLE CITIES AND COMMUNITIES

Compendium of Activities in Achieving UN Sustainable
Development Goals



2021-22

Table of Contents

Sl.No	Title	Page number
1.	ABOUT THE SDG	2
2.	INITIATIVES IN SUPPORTING SDG 11	3
3.	ACTIVITIES ALIGNING TO SDG 11	4-7
4.	OUTREACH ACTIVITIES TO IMPROVE THE HEALTH LIVING STANDARDS AND WELLBEING OF URBAN POPULATION COMPRISING OF UNDER CHILDREN, WOMEN , SENIOUR CITIZENS PREVIVALAGED AND DIFFERENTLY ABLED PPEOPLE.	8-9
5.	HEALTH CAMPS SUPPORTING SDG 11	10-15
6.	AWARENESS PROGRAMME SUPPORTING SDG 11	16-40
7.	COMMUNITY NEED ASSESSMENT SURVEY	41-42
8.	ADOLESCENT HEALTH EDUCATION PROGRAMME	43-45
9.	WOMEN AND MENSTRUAL HEALTH PROGRAMME	46-47
10.	ORALB HEALTH CAMPS SUPPORTING SDG 11	48-56
11.	YOGA CLASSES IN URBAN HEALTH CENTRE	57-58
12.	ENVIRONMENT PROTECTION PROGRAMS	59-62
13.	BIOMEDICAL WASTE MANAGEMENT AWARENESS PROGRAMME	63-67
14.	CARE FOR DIFFERENTLY ABLED PEOPLE	68-70
15.	GERIATRIC CARE SERVICES	71-72
16.	FREE EDUCATION FOR POOR STUDENTS	73-74
17.	WOMEN LEADERSHIP DEVELOPMENT	75-76
18.	RESEARCH ACTIVITIES ALIGNING TO SDG 11	77-81
19.	PUBLICATIONS RELATED TO SDG 11	82-85

ABOUT THE SDG



Cities are engines for sustainable development. It is where ideas, commerce, culture, science, and productivity thrives. Urban spaces offer opportunities for people to prosper economically and socially, but this is only possible in prosperous cities that can accommodate people in decent jobs and where land resources are not overwhelmed by growth. Unplanned urban sprawl, as cities spill beyond their formal boundaries, can be detrimental to national developmental planning and to the global goals for sustainable development. Our urban areas are also emitters of greenhouse gases and contribute to climate change. Half of the global urban population breathes air that is 2.5 times more polluted than standards deemed acceptable by the World Health Organization.

India is urbanising rapidly. Between 2001 and 2011, the country's urban population had increased by 91 million. India is projected to add 416 million urban dwellers between 2018 and 2050. By 2030, India is expected to be home to seven mega-cities with populations above 10 million. 68% of the country's total population live in rural areas, while 17% of the country's urban population live in slums. The Government of India's Smart Cities Mission, the Jawaharlal Nehru National Urban Renewal Mission, and the Atal Mission for Rejuvenation and Urban Transformation (AMRUT) are working to address the challenge of improving urban spaces. The prime minister's Pradhan Mantri Awas Yojana aims to achieve housing for all by 2022.

INITIATIVES IN SUPPORTING SDG 11

Faculty and students at JSS Academy of Higher Education & Research have actively contributed for Clean City initiative of Swachh Survekshan. The Institute has adapted to the concept of smart campus in the existing buildings and infrastructure. The founder organization JSS Mahavidyapeetha has set targets to attain the status of smart and sustainable campuses through key elements Viz., 1. Buildings & Infrastructure, 2. Education, Learning & Digitization, 3. Sports & Recreation, 4. Safety & Security, 5. Waste, Water, Air management, 6. Utilities – Water, Gas, Electricity, 7. Services & Connectivity, 8. Green environment resilience, 9. Governance & 10. Food & Health.

As an initial step, the institute has surveyed the available facilities, which would enable to either enhance or add smart features. Further, discussions and feedback from stake holders are in progress which would add significant values towards the goal. Students are the central part of the smart campus as they are the ambassadors of a sustainable future.

A Smart Campus actively learns from and adapts to the needs of its people and place, unlocking the potential of e-technology and enabling world-changing learning and research methodologies. Also to create an environment friendly atmosphere enabled with technology is the main goal of a smart campus.

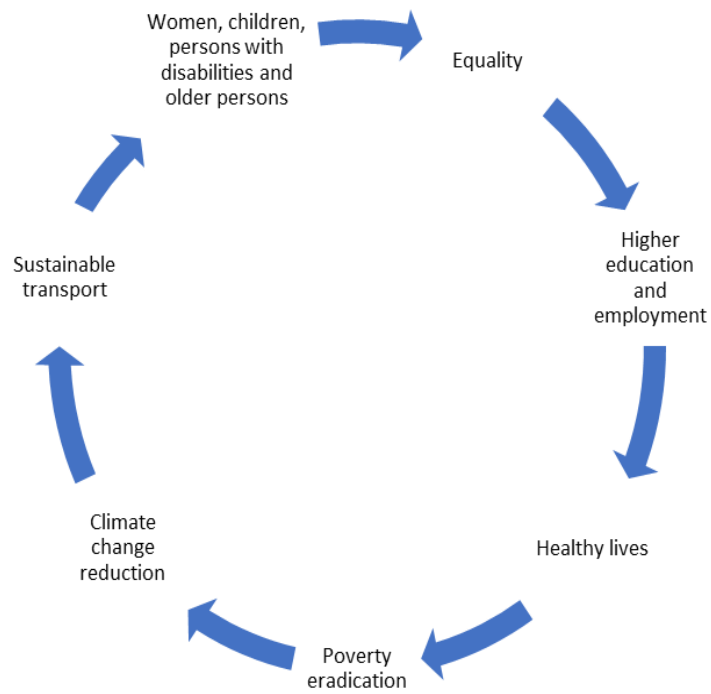
JSS AHER has established its State of Art Campus using cutting edge technology. In order to achieve the smart campus status the institute and the constituent colleges have initiated the process of implementing technologies like

1. Smart Physical Security and Surveillance
2. Smart Wi-Fi Enabled Campus
3. Smart Metering
4. Smart Recycling Process
5. Smart Transportation System
6. Smart Energy Conservation and Utilization practice
7. Smart Hostel Management
8. Smart Canteen/food court management

ACTIVITIES ALIGNING TO SDG 11

Academic activities
Curriculum enriched with various health education concepts

Outreach activities
Research activities



SDG 11 has to work to attain all the elements mentioned above only then the community and cities can be made sustainable.

Activities conducted aligning to Goal 11	
Curriculum	<p>Curriculum is enriched with concepts related to Health Policy, Health Insurance, incorporating information relating to general and health insurance schemes. Students are also taught about concepts of Management Information Systems applied in healthcare</p> <p>Students are also given an orientation on Entrepreneurship skills with special emphasis on becoming Entrepreneurs and creating jobs for society.</p> <p>The curriculum is designed by incorporating modules including laws on the practice & conduct of professionals in health care like Pre Conception and Pre Natal-Diagnostic Technique Act, Medical Termination of Pregnancy Act, and Birth & Death Registration Act where the importance of the act to the society as well as professional development and for comprehensive learning by students. Few laws about cyber securities are also included in the curriculum</p>
Teaching & Learning	Hospital postings being an integral component of the curriculum helps students to get real exposure and hands-on-experiential learning making them meet the needs of the industry
Student Dissertations	Students are encouraged to take up various research projects on areas like health education

Various social activities carried out by JSS Academy of Higher Education & Research

- Free Primary Dental Care Services through camps ,outreach programmes and Mobile Dental Services in cities
- Urban peripheral centers (Dental unit-JSS Hospital Suttur, Central prison, KSRTC, Urban health centre)
- Oral health exhibitions
- Oral health education and Free Primary Dental Care Services for residential school children
- Oral health education and Free Primary Dental Care Services for children with special needs.
- Baby oral health clinic – JSS Hospital, Agrahara

- Pit and fissure sealant program for residential school children
- Free/Subsidized Specialist Services at JSS Hospital for referrals
- Cleft lip and palate – JSS Smile, JSS Dental College and Hospital
- Public awareness campaigns such as World Health Day, World No Tobacco day, World Environment day, World AIDS day, National tooth brushing day, oral hygiene day

Various Awareness Campaigns

Faculty of the institution actively takes part in various social media campaigns like radio talks, interviews in television besides writing health education messages to leading newspapers in the region.

World Oral Health Day: World Oral Health Day provides an opportunity to raise awareness and encourage individuals, families, communities and governments to take measures to lower the incidence of oral disease. The first line of oral health care starts with individual through prevention, especially good brushing habits, and regular check-ups.

World Health Day: The institution organizes lectures, demonstrations, camps and awareness campaigns to spread the vital information related to the world health day theme for the respective year.

World AIDS Day: The institution in collaboration with other constituent colleges of University participate in the awareness campaigns, screening camps, rallies and street plays to highlight the importance of preventing the spread of HIV infection.

World Environment Day has been a flagship campaign for raising awareness on emerging environmental issues, for the benefit of both environment and humans. Planting trees, being the easiest and most sustainable way to positively affect the environment, we conceptualized “Plant a tree, save a life” campaign.

World diabetes day is commemorated to emphasize the importance of oral hygiene in diabetics and also the bidirectional relationship between the two. Camps with patient interactive sessions are undertaken to promote coordinated and concerted actions to confront diabetes. Oral hygiene day in India marks the birth anniversary of Dr G B Shankwalkar, a renowned Periodontist. Its primary objective is to spread the message of Oral health and its importance to public for their well-being. Oral Screening and treatment is carried out at various schools and colleges to draw attention of young population alongside, the escalating systemic illness caused by poor oral hygiene is highlighted.

Smile Torch Campaign was launched to spread awareness among public about the importance of orthodontic correction of teeth and creating a beautiful smile. This was observed on the occasion of Golden Jubilee year celebration of Indian Orthodontic society.

World No tobacco day is observed around the world to address the widespread use of tobacco and its negative health effects. Rallies, screening camps and interactive talks are organized to draw public attention.

National Tooth brushing day is observed to educate the children and general public about the importance of adopting appropriate tooth brushing methods through demonstrations using models and videos. Tooth brushing drills are organized in schools to motivate students and teachers to adopt the correct methods of brushing.

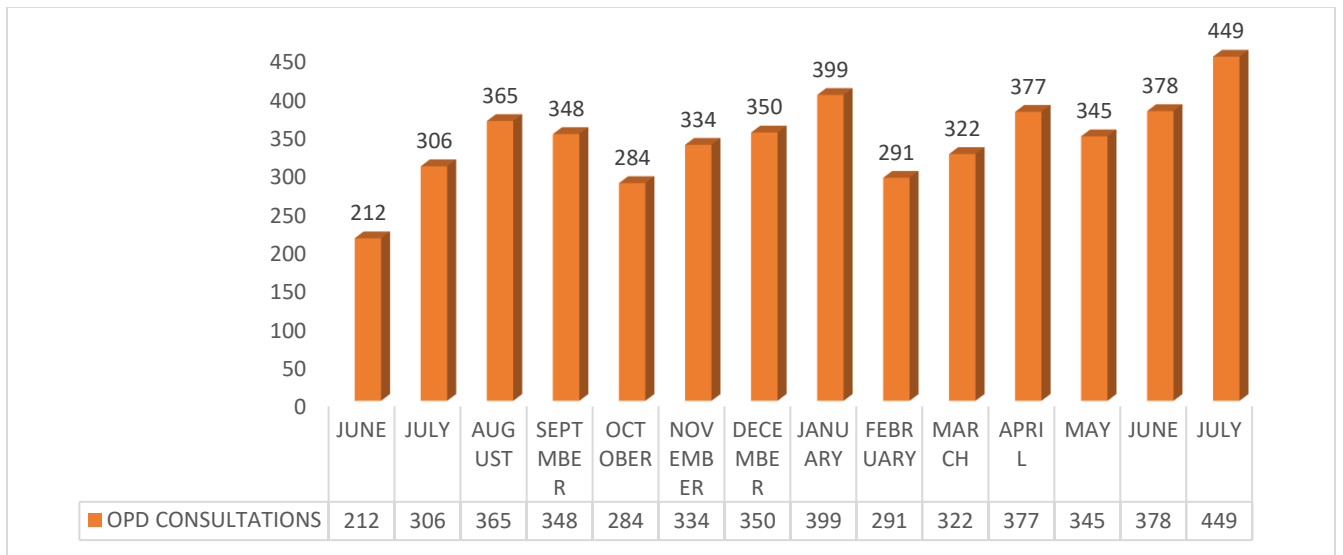
National Public Health Dentistry Day On this day, campaigns will be organized to highlight the importance of oral health in general health. We organize multispecialty camps in underprivileged areas to commemorate the event.

Pedodontist's day: The institution organizes various competitions such as drawing, essay, quiz etc to create awareness among school children on various health and oral health related issues. The prizewinning students are felicitated in the institution in a formal program organized on this day.

OUTREACH ACTIVITIES TO IMPROVE THE HEALTH LIVING STANDARDS AND WELLBEING OF URBAN POPULATION

At JSS Medical College, several outreach activities are conducted through JSS Urban Health Center, Medhar Block, Bamboo Bazaar and other rural (Sutturu, Kadakola, Hadinaru Primary Health Centres) and urban field practice areas (Bannimantap, Mysore Primary Health Centre) under the department of Community Medicine, Chamarajanagar Hospital and through National Service scheme.

Details of Out Patient Consultations at JSS Urban Health Centre, Medhar Block Bamboo Bazaar



UNDER-FIVE CLINIC

Health education among under-five was conducted on 10 /06/2021 and 08/07/2021. The theme was Child care and Nutrition and was organized by JSS Urban Health Centre. Short vedios and movie presentation on child care and nutrition was done. Health education was given to each family on child growth and nutrition, Anthropometric and clinical examination of children was also done and patients requiring further treatment were referred to UHC/ Higher centre.



COVID 19 CONTROL AND PREVENTION PROGRAMME

Covid 19 control and Prevention programme was conducted on 11 /06/2021, 21/06/2021, 22/06/2021 and 23 /06/2021, 24/06/2021, 25/06/2021 28/06/2021, 29/06/2021, 01/07/2021,02/07/2021, 03/07/2021 and 12/07/2021 at Block 05, A, B, C, F, G and Medar block, Bamboo bazaar, sawmill, RMC Mysuru by JSS Urban Health Centre. Health education was given on containment of corona pandemic. House to house visit, Collection of information of covid incidences, co-morbid conditions and socio economic status of family, covid appropriate behavior and motivating for corona vaccination were few of the activities organized. Patients requiring further treatment were referred to UHC/ Higher centre.



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 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 skits and poster presentations, over 140 students were educated about an extensive list of aspects related to the disease, 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 of India's vaccination programme and relevant facts. 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 through their valuable inputs. It concluded successfully, with the volunteers addressing students' doubts and encouraging them to follow COVID-appropriate behavior.



HEALTH CAMP

Health screening camp was conducted at Maramma temple, A block , Bamboobazar by JSS UHC. Screening and treatment of NCD & Communicable diseases, Clinical examination (BP, saturation, weight, HR,RR) of volunteers, Diagnosis and treatment of communicable diseases(URTI, UTI, GE, viral fever) and NCD (Hypertension, Anemia, COPD), Distribution of iron supplements and deworming was done. Health education was given on balanced diet, physical exercise, periodic screening and adherence to treatment. Patients requiring further treatment were referred to UHC/ Higher centre.



HEALTH CAMP

Health screening camp was conducted on 30/07/2021 at Maramma temple, A block, Bamboobazar by JSS UHC. Participants included local leader Mr Shanmugam, JSS UHC staffs, residents visiting temple and volunteering for checkups. Clinical examination (BP, saturation, weight, HR,RR, CBG) of volunteers. The details of the program were diagnosis and treatment of communicable diseases(URTI, UTI, GE, viral fever) and NCD(Hypertension, Anemia, DM, COPD), Distribution of iron supplements and deworming, Health education given on balanced

diet, physical exercise, periodic screening and adherence to treatment and Patients requiring further investigations and treatment were referred to UHC and higher centre.



HEALTH SCREENING CAMPS

Health screening camp was conducted on 04/08/2021 and 07/08/2021 at Government High school and Higher primary school, Bamboobazar. The camp was also organized on 06-08-2021 and 13/07/2021 at Chamundeshwari temple and Maramma temple respectively A block, Bamboobazar. The camp was organized by JSS UHC after the Reopening of schools following the lockdown. The camp was mainly done to screen and treat NCD & communicable diseases. The camp was run under the supervision of Dr. Krishnaveni YS, MO, JSS UHC. Clinical examination, diagnosis, and treatment of communicable diseases (Upper Respiratory Tract Infections, Urinary Tract Infection, Gastro Enteritis, Viral fever) and NCD(Hypertension, Anemia, Diabetes, Chronic Obstructive Pulmonary Disease) were the activities conducted. Iron supplements and deworming tablets were distributed along with health education on balanced diet, physical exercise, periodic screening, and treatment adherence.



HEALTH SCREENING CAMP

It was a health education awareness camp conducted by JSS urban health center at Subramanya Swamy temple, A block, Bamboo Bazar. It was done as a part of routine UHC health activity with a theme of Screening and treatment of NCD & Communicable diseases. By UHC staff Health inspector – Mr. Santhosh HB, Mr. Sunil and MSW Staff Mr. Mallikarjun, Mr. Yatheesh under the supervision of Dr, Krishnaveni YS. Residents visit the temple and volunteer for check-ups. A total of 15 participated in the survey of which 11 were male, and 4 were female.

Activities conducted in the camp were

- Clinical examination (BP, saturation, weight, HR, RR,) of volunteers
- Health education is given on a balanced diet, physical exercise, periodic screening, and treatment adherence.
- Patients requiring further management were referred to UHC and Higher Centre

Health education was done by Mr. Santhosh, and Mr. Sunil on the topic of services available in UHC, the need for screening, and by Mr. Mallikarjun, and Mr. Yatheesh on the topic of balanced diet, treatment adherence and compliance, physical exercise, the importance of deworming. Residents visiting the temple got themselves checked up and received treatment given. Totally 15 participants availed of health check-ups. Among those 03 were diagnosed to have hypertension newly detected. They were referred to UHC for further treatment.



Free Health checkup camps were organized and conducted by UHTC in July 2022 in temples of Medar block. Ashada month is an auspicious period for residents where many people visit the temple of the goddess every Friday. On this occasion, free health checkup camps were held in

Mariamamma temple of the 3rd main medar block every Friday morning and in Chamundeswari temple, 1st main medar block on 20th July on the occasion of Chamundeswari Jayanthi. Camps were held in the morning hours from 10 AM to 12.30 Pm. Here visitors of the temple who volunteered were screened for hypertension, malnutrition, and clinical illness by examining Blood pressure, height, weight, BMI, SPO2, and HR. Those with impaired findings were referred to UHTC for further management. Along with health checkups, health education was also provided on Nutritious diet, physical activities, and personal hygiene. Camps were organized by UHTC staff Health inspectors Mr. Santhosh HB, Mr. Sunil YS, and MSW staff Mr. Mallikarjunaswamy. Health checkups were conducted by Interns Dr Sherin Alex on 1st July, Dr Neha raj, Dr Rudramani Mukherjee on 20th July, and Dr Nivedhya Krishnan on 22nd July. Nursing students posted in UHC, MPH students Dr Chandhana, Dr Asweeza, MSW student Ms Mehtaaz participated in the programme. Residents actively participated in the camps. A total of 79 visitors availed of the benefits, among whom 25 were females and 54 were males. Among those examined it was found that 04 were severely obese, 17 were moderately obese and 28 were overweight and 5 undernourished. Severe hypertension was seen in 17 people who were referred to UHTC and managed accordingly.



KARGA FESTIVAL-FREE HEALTH CHECKUP CAMP

A free health checkup camp was Organized and conducted by the Urban health center on 6th May & 7th May 2022 Medar block Bamboobazar in karga festival

Karga festival is one of the main celebrated events in the area every year where residents visit the temple in large numbers. On this occasion, a free health checkup camp was organized by the Urban health center under the instruction of a Medical officer. Volunteers visiting the temple were examined and anthropometric examinations like height, weight, and BMI were measured, along with clinical examinations like Blood pressure, Heart rate, oxygen saturation, and systemic examinations. Those with abnormal findings were referred to the urban health center and were called for physician reference. Deworming tablets and Iron supplements were distributed to the needy. Along with the camp, health education was also provided about a balanced diet, physical exercises, self-care in DM & HTN, and adherence to the treatment.

A total of 40 people volunteered for checkups among whom 17 were males and 23 were females. Among those examined it was found that 27 were obese and 2 were overweight. Among them 9 had severe hypertension and were referred to UHC where they were treated accordingly.



GENERAL AND ORAL HEALTH CHECK-UP CAMP

A camp was conducted on 29 November at N A B Industrial training blind and deaf school which was organized by JSS urban health center as a routine UHC activity on the theme of health check-ups of the differently abled students by UHC staffs Health inspector Mr.Sunil YS, Medico social worker Mr. Mallikarjunswamy, Mr. Yatheesh, and Intern Dr. Aseem Kkurana along with Department of public health dentistry(JSSDC) staff In charge-Dr. Sunitha & Dr. Sushma Interns Dr. Bharath, Dr. Mrinulina, Dr. Bhuvaneshwari, Dr. Kartika, Dr. Prabhat, and Dr. Joodha under the supervision of Dr. Krishnaveni YS.

Participants of this program were students of the Institution for training blind and deaf which included 35 people of which 20 were male and 15 were female.

Activities conducted in the camp were

- Referral of students requiring dental therapeutic procedures
- Anthropometric examination (height, weight, BMI,) and Laboratory examination – Hb%, CBG, Blood grouping
- Treatment provided for students with impaired health conditions
- Deworming tablets and Iron supplements are distributed to all students.

Students participated actively and got their dental, general check-ups, and blood tests done and among 35 students examined, 12 had URTI and were treated.



AWARENESS PROGRAMME SUPPORTING SDG 11

AWARENESS PROGRAMME ON PREVENTION OF NCDS

A Health awareness programme was conducted on 29th April 2022 in ICMR central church in coordination with ICMR central church members as per the instruction of the Medical officer. The staff of the Urban health center engaged people gathered in the church for an hour and oriented them about services available in UHC.

Medico-social workers Mr Mallikarjunswamy and Mr Rakesh gave information on the objectives and activities of the Urban health center along with services and treatment facilities available in the centre. Health Inspector Mr Santhosh HB provided information on risk factors of Non-communicable diseases like obesity substance abuse, sedentary life, and the measures to prevent them. Interns Dr Manas Abu, Dr Sukrith, and Dr Shivika gave information on Diabetes mellitus, Hypertension, and cardiovascular diseases –their prevention, treatment, and management.

A total of 40 people participated in the programme, among whom 11 were males and 25 were females.



BREAST FEEDING AWARENESS PROGRAMME

Breast feeding awareness program was observed on 02-08-2021 and 03-08-2021 at UHC, on 04-08-2021 at Block D (MCC colony), and on 10-06-2021 at Block F (behind RMC), Anganwadi, and Anganwadi code 71, Medar block, Bamboo bazaar. The program held on 2nd, 3rd, and 4th August 2021 was organized by JSS Urban Health Centre staff and on 10-08-2021 was organized by ICDS Anganwadi staff (code 122, AW70, AW71, AW-133). Urban health center staff and ICDS staff actively participated in the program. The program was on the occasion of World Breastfeeding Week 2021 and the theme was “Protect Breastfeeding- A shared responsibility”. Adolescents and women of reproductive age group. Assessment of breastfeeding patterns was done among lactating women through FGD. Health education was given on the importance of breastfeeding to mother and child, nutrition during adolescence and post natal period, Balanced diet, low-cost nutritious food for mothers, and the Covid vaccine in pregnancy and lactation. Anthropometric, clinical examination (BP, height, weight, Hb%) of participants and growth monitoring of under-five children were also done. Various breastfeeding techniques and advantages of breastfeeding were demonstrated. Bhagyalakshmi scheme was explained to them. Patients requiring further treatment were referred to UHC/ Higher center.



HIV AWARENESS PROGRAMME

This program was conducted as a camp and health education was done for HIV awareness. It was conducted on the 1st of December at Samudhaya Bhavan, Manjunathpura which was organized by JSS urban health center and JSS Jan Shikshan Sansthan on the occasion of World AIDS DAY 2021 on the theme End Inequalities End AIDS by Intern Dr. Nisha, Health inspector Mr. Santhosh HB, Mr. Sunil YS, Medicosocial worker, Mr. Mallikarjunswamy, Mr. Yatheesh, Asha worker – Lakshmi, JSS Jan Sikshan Sansthan scheme staffs, Mr. Mahadevaswamy, supervisor, Mrs.

Naveedha Bhanu teacher, ICTC counselor SVYM –Mr. Ahamad Rafeek, Mrs. Vimala under the supervision of Dr. Krishnaveni YS.

Beneficiaries of JSS Jan Shikshan Sansthan have participated in this program which included 29 participants of which 5 were male and 24 were female

Activities conducted in this program

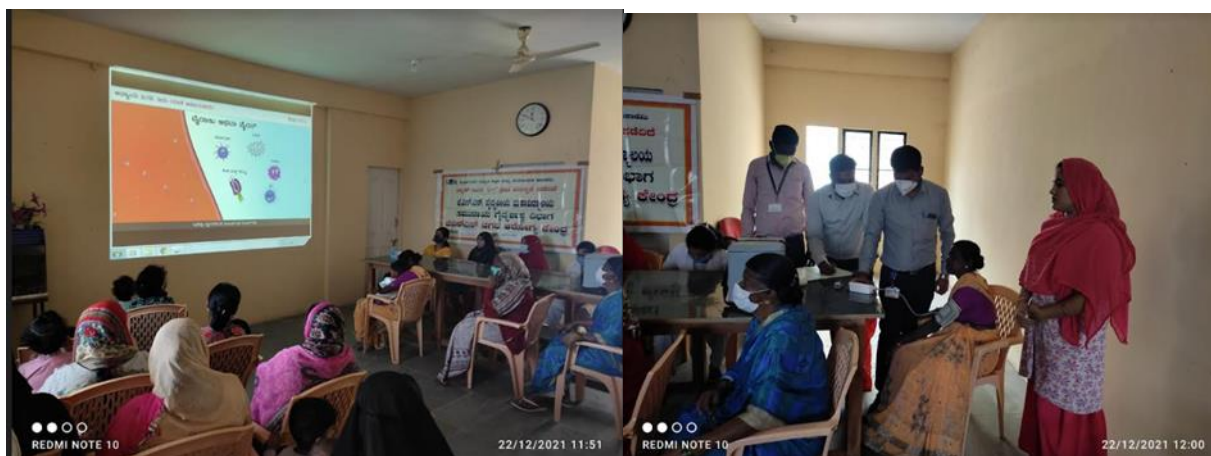
- Screening for HIV in volunteers
- Presentation on HIV –mode of spread, prevention, and treatment, AIDS
- Awareness of screening, counseling, and social stigma

Health education was done on the topic of the mode of spread of HIV, prevention, and treatment by Dr. Nisha, on the importance of screening HIV by Mr. Ahamad Rafeek, Mrs. Vimala, and on Awareness of overcoming the Social stigma attached to HIV by Mr. Mallikarjunswamy, Mr. Yatheesh..Of the people who participated those who were interested got HIV tested and among them 16 volunteered for HIV testing (5 males, 11 females) and tests came out to be negative



A similar program was conducted on 22 December at Samudhaya Bhavan, Haleem Nagar by JSS Urban health center 26 people participated who were residents of Haleem Nagar of which 20 were female and 6 were male. Health education was done by Mr. Santhosh HB on Services available in UHC, Covid vaccination, HIV mode of spread, prevention and treatment, by Mrs. Katheeja on Nutrition and Importance of Screening of HIV, and by Mr. Mallikarjun Swamy and Mr. Yatheesh on Awareness on overcoming Social stigma attached to HIV, alcohol addiction, tobacco abuse, monetary benefits available for HIV patients.

Among 26 people examined, 7 had severe hypertension and were referred to UHC for further management.



NUTRITION AWARENESS PROGRAMME AND COVID AWARENESS

Several programs on Nutrition Awareness and Covid awareness were organized at Anganwadi center, Medhar block, Bamboo Bazaar on the occasion of Nutrition month-2021. It was organized by Integrated Child Development Scheme Staff and JSS Urban Health Centre. The theme for the event was “ Feeding Smart right from the start”. The activities included health education on the importance of nutritious food, diseases caused by malnutrition, demonstration of nutritious food items, plantation of nutritious plants and seeds, screening for anemia, and awareness of anganwadi schemes. During the events, Iron rich low-cost recipes (from NIN) were given to women the previous day, which they cooked and brought and explained the content in them. Women of the Urban Health Centre actively participated in the event. In another Anganwadi, among the participants, 05 women had brought dishes cooked using pulses, green leafy vegetables, millets, and other vegetables and explained the ease and time consumed in preparing it. The rest of the participants tasted the dishes and decided to include those in their daily cooking.

As part of Nutrition month, under the theme of Nutrition in Non-Communicable Diseases and Nutrition for Vision, health education was organized at JSS Urban Health Centre, Medhar block, Bamboo Bazaar. Many events were also organised at Government High school and Higher Primary School at Medhar block, Bamboo Bazaar, during which students displayed exhibition on various nutritious food, and balanced diet. Food items were arranged by students in different forms and they explained nutrition value of it. There was a health education session on importance of consuming nutritious food, awareness on plants of ayurvedic plants of medicinal importance, deworming, malnutrition and nutrition related diseases. In the higher primary school, students were

also provided albendazole de-worming tablets. Children were also sensitized on Child marriage and Child Labor. Other events conducted in the schools include, distribution of question papers containing puzzles related to nutrition and evaluation. Prizes were distributed to Students who scored highest marks





WORLD DIABETES DAY-2021

World Diabetes Day was organized at JSS Urban Health Centre on 18/10/2021. The activities of the event consisted of screening for gestational diabetes (blood sugar, urine routine), Demonstration of plants with medicinal importance, health education on antenatal and post-natal care, creating awareness of the medicinal importance of locally available ayurvedic plants, and interactive sessions on common problems in pregnancy and lactation



WORLD LEPROSY DAY-2022

World leprosy Day 2022 was observed in the Urban Health center field practice area through various activities on 21st, 22nd, and 28th January 2022. Awareness activities were held in Government high school and Haleem Nagar, Mysuru.

As a part of World leprosy day 2022, Health awareness programs were conducted among High school children on the 21st and 22nd of January 2022. With all Covid appropriate measures, health education activities were organized on Government high school premises. Urban health center staff, Health inspectors – Mr. Santhosh, Mr. Sunil, and MSW staff- Mr. Mallikarjunswamy, Mr. Yatheesh conducted the activities. Talks were given on Leprosy, mode of spread, symptoms in children, and treatment available. Government high school Head mister Mrs. Pushpavathy and other teaching staffs were present. A total of 83 students participated in the program actively. Among whom 39 were females and 44 were males.

The health awareness program was also conducted in Haleem Nagar on 28th January 2022 at 11.00 am. Dr. Charaka, post graduate of Dermatology was the chief guest of the program and she gave information on leprosy along with common skin problems and their prevention like nutrition and hygiene. The urban health center's health inspector compiled the program. Mr. Rakesh. JRF Department of Community medicine welcomed health staff and the audience to the program. The Health officer of Bannimantap UPHC Mrs. Katheeza talked about the importance of Covid appropriate behavior and corona immunization. Medico social worker Mr. Yatheesh projected a video on leprosy and Mr. Mallikarjunswamy gave information on disability caused by leprosy, schemes, and benefits available from the government for the disabled, and monthly pensions. Mr. Sunil, health assistant of UHC talked about dengue and chikungunya and their prevention. Mr. Rakesh talked about symptoms of leprosy. A total of 14 women and 3 men benefitted from the program. Use of mask, social distancing, and hand hygiene was ensured throughout the program.



WORLD CANCER DAY-2022

World Cancer Day 2022 was observed by the Urban Health center field through various activities on the 4th and 8th of February 2022. Awareness activities were held in Anganwadi center, MCC colony, and F block Bamboobazar Mysuru. The awareness program was held on 4th February near Maramma temple behind RMC, F block at 11 AM. All Covid appropriate measures like social distancing, hand sanitization, and thermal screening, were taken and only people with masks were involved in the program. Urban health center's Health inspector Mr. Santhosh welcomed the participants and briefly educated them on corona symptoms, mode of transmission, and its prevention. JSS UHC intern Dr. Aparajitha gave information on cervical cancer, its risk factors, early detection, and prevention, and Dr. Anushka gave information on Breast cancer and its prevention. Dr. Adheera intern of JSSDC gave information on oral cancer and its risk factors and preventions. Mr. Rakesh, JRF talked about the importance of world cancer day and common risk factors of cancers like smoking, tobacco use, and alcohol. A short video was presented on World Cancer day by Mr. Yatheesh MSW staff and Mr. Mallikarjunswamy MSW staff conducted an interactive session on nutrition and hygiene. Mr. Sunil gave brief information on vector borne diseases and their prevention and services available in UHC. Anganwadi staffs and helpers were present in the programme. A total of 16 people got benefitted from the programme among whom 4 were males and 12 were females. As a part of the cancer awareness programme health education activity was also held in anganwadi of D block MCC colony bamboo bazaar in association with Bannimantap UPHC field staff on 8th February 2022. Programme was initiated by Mr. Santhosh, Health inspector JSS UHC who gave information on common cancers like cervical Ca, Breast ca, Oral and Lung cancers and their symptoms. Bannimantap health staff Mrs. Jayasheela gave information on symptoms like post-menopausal bleeding repeated per vaginal infections which can end up in cancer. Mr. Yatheesh presented a video on world cancer day and gave information on schemes and services related to cancer available in the health system. Mr. Mallikarjun Swamy held an interactive session on Gastric cancer and having nutritious food timely and avoiding junk foods. Mr. Rakesh ended the programme with a vote of thanks and take-home message to detect cancer at an early stage. A total of 14 females participated in the programme. Anganwadi staff, and helpers were present in the programme. Social distancing, use of masks, and hand sanitization were ensured throughout the programme.



WORLD TUBERCULOSIS DAY 2022

World Tuberculosis day 2022 was conducted by the Urban health center from 24th to 31st March in the field practice area, Bamboobazar. With the theme “ Invest to end TB ‘ health education programs and camps were organized in different areas of the medar block as per instruction of the Medical officer of UHC.

On 24th March a health camp and a health education program were organized in Rajeshwarinagar, B block Bamboobazar in coordination with JSS nursing public health nursing department. The street play was done by nursing students who were trained by medico-social workers. A street play was composed and directed by UHC staff Mr. Rakesh, Jrf. MSW staff Mr. Mallikarjunswamy gave information on free treatment available and the benefits of early diagnosis and cure. A total of 30 residents 6 males and 24 females benefitted from the programme.

A similar health education programme was also organized on the 25th of March in A block Bamboobazar. Health education on the treatment of MTB and information on DOTS and

symptoms were provided by Mr Santhosh HB. MSW staff Mr Rakesh organized street play and Mr Mallikarjunswamy provided information on social problems in adolescents, alcohol deaddiction programmes, and family role in the diagnosis and treatment of TB. It was an interactive session and participants cleared their doubts regarding myths and misbeliefs. A total of 29 people participated among whom 8 were males and 21 were females. On the 31st of March programme was organized in MCC colony D block where street play was played and free health checkup camp was organized. A total of 21 people 3 males and 18 females participated in the programme



World Health day 2022

World Health day 2022 was conducted by the Urban health center from 07th to 13th April 2022 in the field practice area, Bamboobazar. With the theme “Our planet, our health” health education programs, and camps were organized in different areas of the medar block as per instruction of the Medical officer of UHC.

On 8th April, a health camp and a health education programme were organized in Yeshwanth Nagar, C block Bamboobazar involving JSS nursing public health nursing department. Health education was provided on the primary prevention of NCDs like Diabetes Mellitus 2, Hypertension, and CVDs. Information was provided on balanced diet and regular physical exercise. Environmental factors affecting our health were stressed more. Mr. Santhosh HB and Mr. Sunil gave information on vector-borne diseases; prevention of Dengue chikungunya and integrated vector control. MSW staff Mr. Mallikarjunswamy gave information on the harmful effects of substance abuse and motivated him to quit alcohol and smoking. Along with it, a health camp was also organized where Anthropometric examinations like ht, wt; and clinical examinations HR, BP, and SPO2 were also checked free of cost by health workers. Urban health center staff- Health inspectors – Mr. Santhosh, Mr. Sunil; MSW staff- Mr. Mallikarjunswamy Mr. Rakesh organized the camp and programme. A total of 26 residents 7 males and 19 females benefitted from the programme. Among the participants 5 were undernourished, 13 were overweight and 3 had severe hypertension.

A similar health education programme was also organized on 9th April in Medar block. Bamboobazar. Health education was given on environmental hygiene, and the harmful effects of air, water, and noise pollution on health by Intern Dr. Raghu SK. People were motivated to plant and grow trees and maintain the garden in their backyards. A total of 13 people participated among whom 5 were males and 8 were females. In the health camp, it was found that 5 were overweight and 5 had severe hypertension, and were referred to UHC for further treatment. Similar programmes were also organized on 11th April behind Jantha sawmill and on 12th April behind RMC, F block where behind Jantha sawmill a total of 21 people participated among whom 2 were males and 19 were females. In the health camp, it was found that 10 were overweight and 2 had severe hypertension and were referred to UHC for further treatment. In F block 51 people availed

of the benefits 15 were males and 36 were females. Among these 20 were undernourished, 15 were overweight and 3 had severe hypertension.

Programme was also organized in Government High school in coordination with government high school teaching staff. Children were explained about the environmental factors important for health, good ventilation, safe potable water, environment and personal hygiene, vector-borne diseases, etc A total of 96 students from class 1 to 9 participated in the programme, 37 were males and 59 were females. Also, a short video on environmental protection was displayed.

Free health checkup camp was also organized near Subramanya temple of Medar block on the 13th of April 43 visitors, 25 males and 18 females availed of the benefits Among these 5 visitors with severe hypertension were referred to UHC for further management.



AWARENESS PROGRAMMES ON DIABETES AND HYPERTENSION

An awareness program was organized at JSS Urban Health Centre, on diet in obesity, Diabetes, and Hypertension. The activities of the event included measurement of anthropometry, health education on balanced diet, physical exercises and regular follow-up, and information on diabetic diet, low glycemic food and fruits, glycemic control, and healthy weight. During the event, several localities participated, among whom many were newly diagnosed with diabetes, and hypertension, and several were screened to be having a higher risk for Non-Communicable Diseases. Those with uncontrollable diabetics and hypertensives were referred for further management to the tertiary care center. The event was conducted under the theme of “ One Nation,-One Day-One Million Initiative of RSSDI



AWARENESS OF NUTRITIOUS FOOD FOR MALNOURISHED CHILDREN

To specifically address the nutrition in malnourished children, at the JSS Urban Health Centre, Bamboo Bazaar, demonstration of simple recipes using low-cost ingredients were done to the mothers of children between the age of 2-6 years. The nutritive values of the ingredients used were also explained. During the event, mothers were involved in cooking. Mrs. Divya and Mrs. Sadiya, Dieticians from Nutrition Rehabilitation Centre also provided tips on low-cost, high-energy nutritious cooking and preservation of nutrition of food.



Quiz program on Nutrition

A quiz program was arranged for the high school students on Nutrition. The highest scorers were given prizes. It was seen that more than 50% of the students scored more than 80% of the marks.



ACTIVE CASE FINDING-NATIONAL TUBERCULOSIS ELIMINATION PROGRAM

Organized by the District Health and Family Welfare, under the National Tuberculosis Elimination Program, active case finding of tuberculosis was conducted in the JSS Urban Field practice area. During the case finding, screening of patients with Tuberculosis and referral to microscopy center was done. The activities included house-to-house visits, assessment of symptoms of TB, referral of patients with symptoms for sputum microscopy, and creating awareness of symptoms of tuberculosis .

ALCOHOL DE ADDICTION PROGRAMME

A Health educational program and survey was conducted from 15th November to 25th November at A block Medar block which was organized by the urban health center as a part of mental health program with the theme of survey and awareness on substance abuse.

It was done by urban health center staff, health inspector Mr. Santhosh HB, Health Assistant Mr. Sunil YS, Medico-social workers Mr. Mallikarjun, and Mr . Yatheesh under the supervision of Dr. Krishnaveni YS.

The type of participants involved in the survey was the people who were addicted to alcohol. 103 houses were visited and 19 alcoholics were identified from the survey. Activities conducted in the survey included house to house survey, survey on substance abuse, interview with persons with

h/o alcohol intake, creating awareness on schemes health hazards of alcohol, and motivating them to quit Health education details were given by Mr. Santhosh HB and Mr. Sunil YS on the topic of health hazards due to alcohol abuse and by Mr. Mallikarjunswamy and Mr. Yatheesh on the topic of services available to quit alcohol, counseling, and motivation. People with a history of alcohol were counseled and those who required support were referred to UHC.

ANTI MALARIA MONTH 2022

The anti-malaria month was observed on the 15th of June 2022 in Rajarajeshwari colony, Bamboo Bazar. Programme was organized in coordination with the SDM self-help group. Health inspectors of UHC Mr Santhosh HB and Mr Sunil YS created awareness for the anti-malaria month. They explained malaria symptoms, prevention, and mode of spread. causes of malaria were explained along with the prevention and characteristics of the Anopheles mosquito. Other vector-borne diseases like dengue and chikungunya were also included in the session. Integrated vector control measures were explained and people were motivated to dispose of solid waste, prevent water stagnation, and larva prevention and treatment. UHTC interns Dr Chaitra, Dr Shashank, Dr Siddarth spoke on health conditions like Anemia in women of reproductive age group, cervical and breast cancer, and COVID prevention respectively. MSW staff provided information about substance abuse and sought help for those with substance abuse in the family

A total of 33 women participated in the program and got benefitted



WORLD NO TOBACCO DAY 2022

World No Tobacco day was observed on 31st May 2022 in Government High school, Medar Block, Bamboo Bazar. With the Theme-" TOBACCO- THREAT TO OUR PLANET", a demonstration programme was conducted by medico-social students where the effect of cigarette smoke was demonstrated by an experiment. Cigarette smoke was collected in a bottle and covered with white tissue paper. Blackish discoloration of tissue paper along with deposition of ash-like material was shown to students. Interns Dr Shubham Gupta and Dr Sharda Sur Roy explained the effect of smoking on the lungs through short movies and pictures of lung and oral cancers.



Jatha on Anti malaria month 2022 and Substance abuse awareness

A Jatha programme was conducted by JSS UHC in coordination with the Public health nursing Department, JSS Nursing College. Malaria month was observed on the 15th of June 2022 in Rajarajeshwari colony, Bamboo Bazar. BSc nursing students posted in UHC participated in the jatha programme. Jatha was inaugurated by the Medical officer at 11 Am at the Urban health center. From the urban health center, students walked through the streets of Medar block and Rajarageshwari colony with slogans and banners on Vector-borne diseases prevention and substance abuse. Banners on Malaria, its transmission, and prevention were displayed. Students on instruction from Medical officer and with the help of MSW staff Mr. Mallikarjunswamy, Mr. Rakesh, Health inspectors Mr. Santhosh HB and Mr. Sunil YS prepared slogans on harmful effects of alcohol, drug intake, and motivational lines on quitting alcohol and drug intake. Students cried out the slogans and displayed banners they had prepared during their walk through apartments, streets, and roads. Assistant professors of the Public health nursing department Mr. Lingaraju and

Mrs. Dhanalakshmi and MPH students participated in the programme. Local leader Mr. Shanmugam also participated in the programme and motivated people to avoid substance abuse.



World No Tobacco Day

This year “World No Tobacco Day” (Theme- Tobacco: Threat to Our Environment) was celebrated by the Department of Community Medicine, JSS Medical College at JSS High School Bannimantap. The event was coordinated by Dr. Smitha MC, Assistant Professor, Department of Community Medicine, JSS Medical College, under the leadership of Dr. Narayana Murthy MR, Professor, and Head, Department of Community Medicine, JSS Medical College. The event was organized between 2.00 pm to 3.30 pm on 31/05/2022 during which awareness was created among 120 high school students.

The program started with the welcome address by Dr. Mythily MR, Senior Resident, Department of Community Medicine, JSS Medical College, followed by the school prayer by high school children and the inauguration of the event by watering the plant. This was followed by the Chief guest address wherein, Mr. Shivshakar SP, Head Master, JSS High School, Bannimantap, highlighted the harmful effects of smoking and how celebrating such health days would help create awareness in the community. This was followed by a talk by Dr. Sunitha, Reader, Public Health Dentistry, wherein she highlighted the “Ill-effects of Tobacco and De-addiction”. She elaborately educated the children about the various forms of tobacco consumption, the effects of tobacco and smoking on various organs of the body (especially the causes of the oral changes), the de-addiction facility available at JSS Dental College, the importance of this year’s theme and asked the children to pledge that they would spread this message to their family and neighbors. Following this, the Post-Graduates of Community Medicine performed a skit to create awareness of Smoking and De-addiction.



WORLD POPULATION DAY 2022

On the occasion of World Population Day 2022, an awareness programme was organized in Government high school on the 11th of July 2022. The health staff of UHC and MPH students posted in UHC initiated the programme. A Debate was organized among the students of a government high school on the topic of population explosion and using manpower for developmental activities. Students actively participate in the debate competition. Prizes were distributed to the winner of the debate. The teaching staff of the MPH department judged the debate competition. Dr Manasa, Assistant professor gave information on World population day. Awareness was created about the rising population and the issues and problems that arise with such overpopulation. Dr Manasa, Dr Minu Mariya, Dr Shilpa, MPH students, and high school teachers participated in the programme. UHC health inspector Mr. Sunil, MSW students Mss Mehtaaz and Mr. Ragavendra participated in organizing the programme and making it successful. A total of 82 students participated in the programme.

WORLD POPULATION DAY PROGRAMME

World Population Day Programme was conducted at F block, Bamboo bazar, JSS Urban Health Centre on the occasion of World Population day 2021. The program was organized by Dr Krishnaveni YS, MO, JSS UHC. Participants included all adolescents and women of reproductive age group. Details of the program were, Health education was given on contraceptive methods available in family planning programme, Exhibition of contraceptive devices (IUCD 375, OCP,

NIRODH, Anthara, chaya) and PPT presentation was done to emphasize on importance of family planning services and unmet needs of contraception.



LARVA SURVEY PROGRAMME- NCD PREVENTION PROGRAMME AND LARVA SURVEY

A Larva survey program was conducted on the 6th of November in A block Medar block as a survey organized by the urban health center, the theme being mosquito control activities as a part of NVBDCP. Participants of this program were urban health center staff and health inspector, Mr. Santhosh HB, under the supervision of Dr.Krishnaveni YS.

21 houses of A block were addressed in the event. Activities conducted in the survey were larva survey, emptying of containers containing larvae /pupae, and health education on vector-borne diseases. Health education details were given by the health inspector, Mr. Santhosh on the topic of vector-borne disease and disease control. as the response from the participants, people showed interest in knowing about the harmful effects and emptied containers having larvae.

In the next follow up decrease in vector indices was seen.



A Larva survey program was conducted from 15th November to 25th November in A block Medar block as a survey organized by the urban health center, the theme being mosquito control activities as a part of NVBDCP. Participants of this program were urban health center staff, health inspector Mr. Santhosh HB, health assistant Mr. Sunil YS and medico-social workers Mr. Mallikarjun and Mr. Yatheesh under the supervision of Dr. Krishnaveni YS

174 houses of A block and C block were addressed in the event.

Health education details were given by the health inspector, Mr. Santhosh and Mr. Sunil YS on the topic of vector-borne disease and disease control and by Mr. Mallikarjun Swamy and Mr. Yatheesh on the topic of waste management and environmental hygiene. In response the participants showed interest in knowing about the harmful effects and emptied containers having larvae. In the next follow up decrease in vector indices was seen.



A similar program was conducted from 26 November to 25 December at Rmc colony, Haleem Nagar which included households of A block and the houses participated were 41 houses from Yashwanthnagar, 59 houses from RMC colony, 16 houses from Rajarajeshwari Nagar, 20 houses of G block, 280 houses of Haleem Nagar.

The effect of the program was the same even in these houses i.e. decrease in the vector indices in the follow-up was seen.



LARVA SURVEY PROGRAMME

The larvae survey program was conducted by Urban Health Centre at Haleem Nagar, Bamboo Bazar. As a part of the National Vector Borne Disease Control Program, mosquito control activities were conducted in Urban Health Centre from 01/01/2022 to 25/01/2022. With all Covid appropriate measures, health education activities were organized in Households of Haleem Nagar. Urban health center staff, Health inspectors – Mr. Santhosh, Mr. Sunil, and MSW staff- Mr. Mallikarjunswamy, Mr. Yatheesh conducted the activities. Talks were given on Vector-borne disease and vector control. Medico-social workers explained to the people about Waste Management and environmental hygiene. A total of 260 houses were surveyed and supervised by the medical officer Dr. Krishnaveni YS.

A similar program was conducted from 01/03/2022-25/03/2022 in Bamboo Bazar, Medar block, with 91 houses surveyed.

Activities conducted in the larvae survey program include the Larva survey, Emptying of containers containing larva /pupae, and Health education on vector-borne diseases. The responses from participants were observed by showing interest and emptied containers having larvae. The decrease in vector indices was seen in follow-up as the effect of this program.



NCD PREVENTION PROGRAMME AND LARVA SURVEY

NCD Prevention programme and larva survey was conducted at JSS Urban Health Centre by JSS UHC. JSS UHC staffs actively participated. The details of the programme were house to house visit and larvae survey. Health education to each family was given on balanced diet, exercises and symptoms of NCDs. Anthropometric and clinical examination (BP, weight PR, SPO2) of adults >30yrs was also done. Iron and folic acid tablets were distributed to anemic adolescents and women. For patients requiring further treatment they were referred to UHC/ Higher centre.



LARVA SURVEY -2022

Larva surveys were conducted as part of the National Vector-borne disease control programme in the UHTC field practice area. The survey was conducted in Haleem Nagar by health Inspectors Mr Santhosh and Mr Sunil in January where 260 houses were visited and educated about integrated vector control and prevention of Vector-borne diseases like dengue chikungunya. In March survey was done in 91 houses in the Medar block. In each house, containers were examined and those containing larvae were shown to household members and were emptied. Residents were also

educated to avoid water collection and disposal of solid wastes to prevent Aedes breeding. People were informed about the symptoms of vector-borne disease and were educated about early diagnosis and treatment. Larvae collected from households were demonstrated in schools for children and awareness was created.

NON-COMMUNICABLE DISEASE SURVEY PROGRAMME

Corona and NCD survey program was organized by Urban Health Centre, in Haleem Nagar from 01/01/2022 to 25/01/2022. As a part of routine UHC activity, Health education was conducted among 299 houses. The households of Haleem Nagar participated in the program and it was supervised by the medical officer Dr. Krishnaveni YS. Urban health center staff, Health inspectors – Mr. Santhosh, Mr. Sunil, and MSW staff- Mr. Mallikarjunswamy, Mr. Yatheesh conducted the activities. Talks were given on Covid19- mode of spread, prevention. Vector-borne diseases and vector control by Health inspectors – Mr. Santhosh, Mr. Sunil. Medico-social workers explained learning disabilities in children, and the scheme for geriatrics and the disabled.

A similar program was conducted in Urban Health Centre, in Bamboobazar(A, B, C, D, F, BLOCKS) from 26/01/2022 to 25/02/2022 among 109 houses. Talks were given on Covid19- mode of spread, prevention. Vector-borne diseases, balanced diet, physical exercises by Health inspectors – Mr. Santhosh, Mr. Sunil. Medico-social workers explained about schemes and services available in Health and Family Welfare department.

Activities conducted include House to house visits and screening for ILI symptoms, Health education on prevention of covid19 & CAB, screening- SPO2, HR, RR, BP checkups, Distribution of deworming medication and iron supplements, Referral of patients with high bp, low spo2, and symptoms. People participated in the survey, provide their details, and got their vitals checked. Patients with problems visited UHC and availed services available.



NCD SURVEY AND HEALTH EDUCATION

NCD survey and health education (09 /08/2021 & 11/08/2021) was done at block A, Medar block, and Bamboo bazaar. The program was organized by JSS Urban Health Centre Health promotion and prevention of NCD. The theme of the program was Health promotion and prevention of NCD. Urban health center staff actively participated. House-to-house visit was done along with health education to each family on the diet, physical exercise, and covid appropriate behavior. Anthropometric and clinical examination of residents and Referral of patients requiring further treatment to UHC/ Higher center was also done



DIARRHEA CONTROL PROGRAMME

The diarrhea control program was organized by JSS Urban health center, in Government higher primary school and High school from 08/03/2022 to 09/03/2022. As a part of the School health program, health education was conducted about the Prevention of Diarrhoea in adolescents among 115 school children from 1st to 7th std. Urban health center staff, Health inspectors – Mr. Santhosh, Mr. Sunil, and MSW staff- Mr. Mallikarjunswamy, Mr.Rakesh, and Mr. Yatheesh conducted the activities. Government higher primary school staffs, Head Mister –Mrs. Vani and other teaching staffs were present. Activities conducted include health education on the importance of consuming nutritious food, deworming, Video demonstrations on causes of diarrhea, and Demonstration of ORS preparation and awareness on home available fluids. Dr.Saurish, PG PSM, JSS medical college, explained the importance of ORS, sanitary barriers, and complications of diarrhea. Talks were given on Hand hygiene and safe clean water by Health inspectors – Mr. Santhosh, and Mr. Sunil. Medico-social workers explained the storage of raw cooked foods at home, rodents, and past prevention. Children actively participated in the program, interacted with staff, and discussed the topic



COMMUNITY NEED ASSESSMENT SURVEY

It was a survey conducted by JSS urban health center at Haleem Nagar, Bamboo bazaar, Mysuru. It was done as a part of routine UHC activity with a theme of survey for NCDs. By UHC staff Health inspector – Mr. Santhosh HB, Mr. Sunil and MSW Staff Mr. Mallikarjun, Mr. Yatheesh under the supervision of Dr. Krishna Veni YS. Residents of Haleem Nagar participated in the survey. A total of 881 participated in the survey of which 417 were male, 398 were female and 70 were children under 5 years of age.

Activities conducted in the survey were

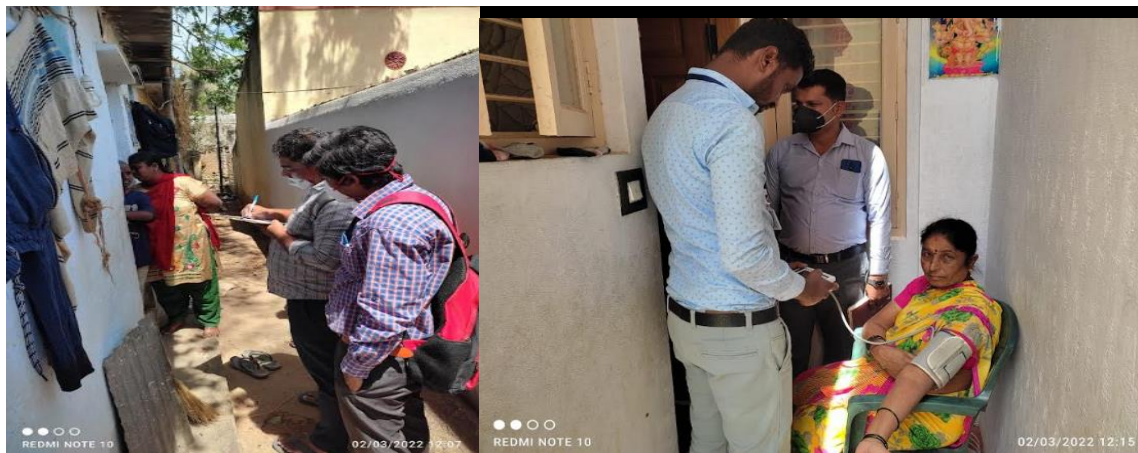
- House-to-house visit
- Collection of information on co-morbid conditions and socio-economic status of family
- Health education to each family on covid appropriate behavior and corona vaccination
- Screening of adults >30yrs for hypertension.
- Referral of patients requiring further treatment to UHC/ Higher Centre

Health education was done by Mr. Santhosh, Mr. Sunil on the topic of Covid vaccination, CAB, balanced diet, diagnosis of hypertension & DM, and by Mr. Mallikarjun, Mr. Yatheesh on the topic of Vocational training courses, hygiene, and Substance abuse. A total of 324 houses were visited and information was collected and 70 houses were locked. Clinical examination (BP, Spo2, HR) was done for adults >30yrs and 48 adults were found to have hypertension and were referred for physician opinion and further management.



COMMUNITY NEED ASSESSMENT SURVEY PROGRAM

CNA survey program was conducted by the Urban health center in Bamboobazar(A, B, C, D, F, BLOCKS) from 01/03/2022 to 25/03/2022. As a part of routine UHC activity, health education was conducted in 412 houses. The households of Bamboobazar participated in the program and it was supervised by the medical officer Dr. Krishnaveni YS. Urban health center staff, Health inspectors – Mr. Santhosh, Mr. Sunil, and Medico-Social Worker staff- Mr. Mallikarjunswamy, Mr. Rakesh, and Mr. Yatheesh conducted the activities. Activities conducted include House to house visits and screening for ILI symptoms, screening- SPO2, HR, RR, BP checkup, Distribution of deworming medication and iron supplements, Referral of patients with high bp, low spo2, and symptoms, and Health education was also given on existing non-communicable diseases, nutrition problems wherever found.



ADOLESCENT PERSONALITY DEVELOPMENT PROGRAMME 2022

Adolescent Personality development program 2022 was Organized and conducted by the Urban health center from 26th April to 05th May 2022 Medar block Bamboobazar.

To improve the overall health of children and Adolescents and to address psychological and social factors influencing health, an adolescent personality program was organized By the Urban health center as instructed by a Medical officer, where 2 hours of sessions were organized for 10 days from the 26th April to 5th May 2022, in which children were oriented differently to arts and sports. The program was started on the 26th of April. Students were encouraged to present their interests and talents. Students participated actively and showed their skills of singing and dancing. Medico-social worker Mr. Rakesh engaged the students by telling a moral story containing a social message. A total of 35 students from 8-15years participated and enjoyed the programme.

On the 27th of April, Health education was given on Nutrition and balanced diet Mr. Santhosh. Mr. Mallikarjun MSW staff involved the students in a group activity where children interacted and learned communication skills. Outdoor (cricket, shuttle cork) and Indoor games were organized by Mr. Rakesh to encourage not only physical activity but also teamwork and social communication. A total of 42 children participated in the programme. On 28th and 29th Theater artist Mrs. Geetha was invited who engaged the children and taught them the basics of theatre behaviors, Folk songs, dance, and mimicry. Also, she simultaneously stressed discipline, personal hygiene, and good social behaviors. Students were grouped based on their age group and were made to play and interact with each other. A total of 42 children participated and enjoyed the games and learned mimicry skills and social behavioral skills.



ADOLESCENT HEALTH EDUCATION PROGRAMME

Adolescent health education programme was conducted from 26/07/2021 to 3/08/2021 at JSS Urban Health Centre as a part of ARSH. JSS UHC staffs actively participated. The program was conducted on the occasion of Adolescent Reproductive and Sexual Health. Health education was given on nutrition and healthy life style to adolescents. Interactive sessions were conducted with children and adolescents to determine their KAP on nutrition. Anthropometric and clinical examination (like height, weight, BMI and body fat index) was also done.



SCHOOL HEALTH PROGRAMME-2022

The school health programme was conducted from 16th June 2022 to 25th June in Government Higher primary school. JSSMC Interns Dr Shashank, Dr Priyanka rani, Dr. Rhimjim, Dr Susheel, Dr Chethali, and JSSDC intern Dr chinmay participated in the programme A total of 182 students were examined among whom 60 had dental caries, 48 had minor illnesses like URTI, APD which were treated, 1 had cardiac condition who was referred for the cardiologist. Among the children examined, 39 had mild malnutrition, 45 had moderate malnutrition and 7 had severe malnutrition. Health inspectors Mr Santhosh, Mr Sunil, MSW staff Mr Mallikarju, Mr Rakesh organized the camp along with school staff and teachers. Students were also given information on nutrition and hygiene to prevent diseases.



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 a very important risk factor in the 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 program 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 in the age group 13-18 were educated about the 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 presentations. 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.

WOMEN HEALTH FOR BETTER COMMUNITY

An educated women at each house is an mark of empowerment, similarly women's health is an mark of enrichment at house and further community. In this regard, The Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru held a community awareness program about reproductive health in women on 26th and 28th March 28, 2022 at Majjigepura Village of Srirangapatna Taluk. This activity was held during the National Service Schedule (NSS) camp held between 24 – 30th March that was conducted by JSS College of Pharmacy in association with JSS Academy of Higher Education and Research, Mysuru. This exclusive women's program was intended to bring awareness to women residing in rural area. Information about the following topics was provided in the program. 1. Menstrual hygiene 2. Polycystic ovarian syndrome 3. Cervical cancer and it's prevention 4. Nutrition for women's health. Educational videos pertaining to the topics in the local language were played in the town square. An educational leaflet on Cervical Cancer and its prevention in the local language was circulated among the women. Faculty visited the houses in the hamlet and distributed leaflets, spoke to the women and clarified their queries. This activity is shared with SDG 3.

SANITATION, ADDICTION, NUTRITION AND ENVIRONMENT CONSERVATION (S.A.N.E) CAMPAIGN

S.A.N.E campaign was organized by JSS UHC (12/07/2021 to 14/07/2021 - 3 activities) as a part of ARSH on Awareness on Sanitation, Addiction, Nutrition and Environmental protection among adolescents. House to house visit was done, Health education given on Sanitation, Addiction,

Nutrition and Environmental protection in adolescents through ppt, Interactive sessions with children and adolescents to determine their Knowledge Attitude and Practice, Demonstration of nutritious food, waste segregation and disposal, Distribution of fruits to children and Assessment of difference in Knowledge, attitude and practices after health education were few of the activities conducted.



HEALTH AWARENESS ON ORAL HEALTH

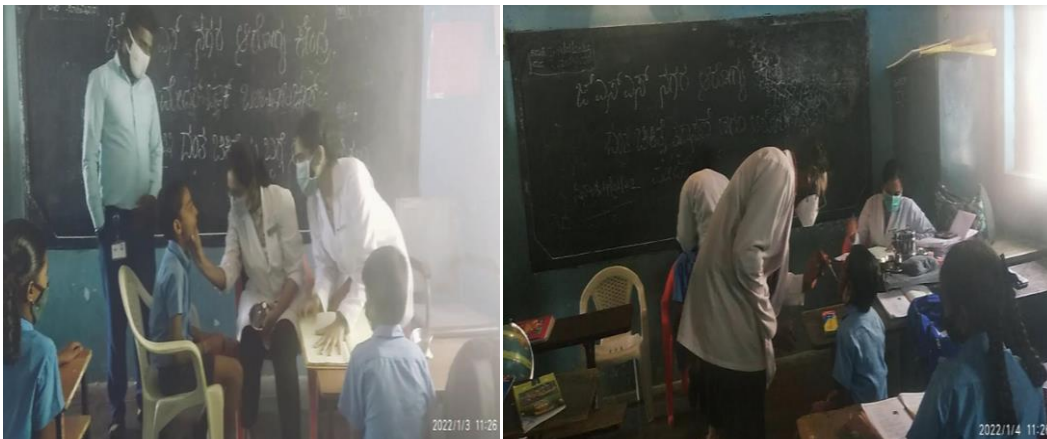
The awareness program was organized by JSS Urban Health Centre concerning oral health by the JSS dental staff at Medhar block. During the program house to house, visits were conducted, health education on oral health and oral hygiene and oral health survey was done and referral of patients requiring further treatment to UHC/ Higher center (JSSDC) was done.



Dental Health Camp

The dental health camp was organized by JSS Urban Health Centre in Government Higher Primary school, Medar block, Bamboo bazaar, Mysuru on 03/01/2022, 04/01/2022, 05/01/2022,

10/01/2022 to create Oral health awareness in children. As a part of the school health program, Interns from the Department of Public Health Dentistry, JSS Dental College Dr. Vishal Chilakarni, Dr. Janani Bendala, Dr. Ganesh, Dr. Athul, Dr. Brundha, and Urban health center staffs, Health inspector – Mr. Santhosh, Mr. Sunil and MSW staffs- Mr. Mallikarjunswamy, Mr. Yatheesh. Government higher primary school Head Mister –Mrs. Vani, the Physical Training teacher, and other teaching staffs were present. A total of 124 students from 1st to 7th std participated in the program and it was supervised by the medical officer Dr. Krishnaveni YS. Activities conducted include Power point presentation on Oral health and brushing techniques, Demonstration of Brushing techniques using models, Oral Health checkup of the students, Anthropometric examination of children, Referral of children requiring further treatment, and Health education on Nutritious food. Talks were given by Dr. Vishal Chilakarni, Dr. Janani Bendala about Introduction was given to students on Oral health and oral hygiene, and Dr. Ganesh, Dr. Athul, and Dr. Brundha explained about Demonstration of the Brushing technique. Students actively participated in the program and interacted with the health educators and participated in an Oral checkup camp. A positive attitude was seen in students on adopting the new technique of brushing which they were eager to share with family members. Students requiring further treatment were referred to UHC and JSSDC. The oral health condition of the students was discussed with School teachers. Among students examined 12 had generalized stains, and callus, 46 had Dental caries 8 had deep dental caries and 28 had grossly decayed root stumps. Along with these 8 children had malocclusion, 4 had supernumerary over-retained teeth and 2 had trauma. These students were referred to JSSDC for further treatment.



HEALTH EDUCATION SESSION ORAL HEALTH

Health education session on oral health was conducted on 19/08/2021 & 23/08/2021 at Block A, Medar block, Bamboo bazaar, Mysuru. The session was conducted by JSS UHC.

The program was conducted on the occasion of Adolescent Sexual and Reproductive Health. House to house visit was done to identify oral disease. Health education was given on oral health and oral hygiene. Oral health survey. Patients requiring further treatment were referred to UHC/ Higher center (JSSDC)



Urban Health Centre, Medar Block



JSS urban health center was established on 29th August 2002 on 87th birth anniversary of his holiness Dr. Shivaratri Rajendra Mahaswamiji, in Medar's block, Bamboo Bazaar, Mysore. The centre works under Department of Public Health Dentistry, JSS Dental College & Hospital, Mysuru. The aim of the centre is to achieve the goal of oral health for all the people residing in urban slums. The centre provides comprehensive oral health care services to the people that

include preventive, promotive, curative and rehabilitative aspects. The JSS UHC caters to the population of 5294 of which 53% are males and 47% are females.

The centre provides a spectrum of services to the people mainly,

- Outpatient services
- Comprehensive Oral Care
- Provision of essential drugs at affordable costs.
- Basic laboratory facilities.
- Referral services
- Specialist services on weekly basis
- Health education activities
- Observation of National and International health days
- Women empowerment
- Training of Undergraduate and Post graduate students

JSS Dental OPD KSRTC



Based on strategic recommendations and willingness from KSRTC, JSS Dental College and Hospital established an outreach center to the employees of KSRTC on 1st July 2006 after entering into an MOU. Screening and referral services are offered to the employees of KSRTC. Screening camps to the dependents of KSRTC are organized through divisional offices.

Rotary Jeevodaya Dental Clinic

Central prison Dental unit was established at Central Prison, Mysuru in collaboration with Rotary Club of Mysore on 27th March 2002 to extend basic oral health services to the needy population in Jail who are otherwise are deprived of such services.. This was a pioneering project that served as a model which eventually led to the establishment of several such centers in other parts of the state and country. JSS Dental College and Hospital extends the dental manpower in the form of faculty Post graduate students and interns on regular basis. Dental check up, counseling and basic dental services are offered to the inmates while referring the cases requiring specialist services to the hospital.

Oral health education and Free Primary Dental Care Services for children with special needs



This program was initiated by JSS Dental College, Mysuru in the year 1997, since then this outreach program has been delivered to the children of Sri Sairanga School for Speech and Hearing Impairment, Mysuru. This Programme includes oral health education but also provides primary, Preventive and Comprehensive Dental services under free oral health scheme with the support of JSS Mahavidyapeetha and Jagadguru Sri Shivaratreeshwara Academy of Higher Education and Research, Mysuru. This program is unique in its kind that after the initial orientation toward oral hygiene measures the children would be reinforced with same instructions by the care givers and teachers at the school.





Baby oral health promotion clinic



This clinic specifically focuses on extending basic oral health information to the mothers of new born babies and infants. The clinic was initiated in November 2014 and offers requisite services on fixed days in a week at Department of Pediatrics, JSS Hospital, Mysore.

Pit and fissure sealant programme for residential school children



JSS SMILE: Cleft Lip & Palate Multidisciplinary Out Patient Clinic



JSS Smile –A Multidisciplinary Cleft Lip & Palate Clinic was established on 9th November 2012 to provide free treatment to cleft lip & palate children. Starting of the Multidisciplinary Cleft Lip & Palate Clinic at JSS Dental College & Hospital is a drive towards special care dentistry and becoming a premier institute in this field of Dental Science including hospital practice with the objective of strengthening the health care of the country. A Multidisciplinary approach in treating Cleft patients with a team of doctors which includes Cleft Surgeon, anesthetist, Paediatrician, Paedodontist, Orthodontist, Prosthodontist, Speech therapist, ENT surgeon, Psychologist. This special clinic is a major initiative which scores high on our University's social responsibility.

Oral Health Care in Pregnancy Clinic



JSS Hospital caters to the oral health needs of pregnant women Department of Periodontology and Department of Obstetrics and Gynecology collaborates to provide complete oral care for pregnant women. This special clinic was inaugurated at JSS Hospital Mysuru on 20-6-2019 by Dr Basavana Gowdappa Principal JSSMCH.

Dr. Dayanand, Director, JSS Hospital, Dr. Guruswamy. M, Medical Superintendent. JSS Hospital and Dr. Ravindra.S, Principal. JSS Dental College graced the occasion. Heads of the Department with staff of JSS Dental College and Medical College were present.

As preterm low birth weight accounts for about 2/3rd of neonatal deaths and has a tremendous impact both financially and emotionally, this clinic is instated to provide comprehensive oral care during pregnancy. Escalating evidence has suggested the role of periodontal disease in triggering pre-term low birth weight babies. Hence it is important to eliminate the disease to ensure positive pregnancy experience for all women.

Though, ante natal protocol WHO recommends treating infections to combat pre term low birth weight outcomes oral health is given a low priority. Therefore, this initiative of “oral care in pregnancy” clinic will function to create awareness among people on oral health and also to treat the existing oral infections during pregnancy. This clinic will work on Mondays, Wednesdays and Fridays from 9:00 am to 4:00 pm.

YOGA CLASSES IN URBAN HEALTH CENTRE

On the occasion of International yoga day 2022, it was planned to start free yoga classes in Urban health centers to promote a healthy lifestyle among residents. Given the increasing prevalence of non-communicable diseases like DM, HTN, and IHD in the area and requests from localities to conduct yoga courses, it was planned to start free yoga classes in the center. To address sedentary lifestyles and stress in daily life yoga will be a suitable measure in promoting health and preventing risk factors of NCD and Mental health. As per the guidelines of Head of Department Dr. Narayanamurthy MR sir free yoga classes were planned weekly thrice from 6 to 7 AM. On occasion on International Yoga day in July, Classes started on the 29th of July 2022. Classes were conducted by volunteer Mr Kannan R every Monday, Wednesdays, and Fridays from 6.30 AM to &.30 AM. 6-7 volunteers enrolled in classes are attending yoga classes regularly. Now classes are going on every day except Sundays and Saturdays. Awareness has been given to obese and NCD patients in OPD to enroll and avail the benefits of yoga.



International Yoga Day



On 21st June 2022 there were total 31 members participated in the international yoga day which is conducted by AYUSH department from the central government in association with Karnataka state government and district administration Mysore. All the members were actively participated in the gracious presence of honorable prime minister Narendra Modi.

ENVIRONMENT PROTECTION PROGRAMS

World environment day

JSS College of Pharmacy, Mysuru celebrated World environment day on 6th June 2022 by Sapling a plant in the premises of the college. The main objective of the event was to create a green corner, that will not only enhance the greenery but also to indicate that the college is educating and motivating students to build a green environment and green city. Thus contributing to the city and community safe environment.



Plastic free environmental bag distribution.





The Plastics are the ingredient is harmful for the environment, especially the oceans and its marine life. It's time to eradicate single-use plastic and make space for sustainable and cruelty-free bags for shopping, picnics, office, and daily essentials. The International plastic free day which is celebrated on each year on 3rd July with an effort to eliminate use of plastic bags. The Department of Pharmacy Practice, JSS College of Pharmacy, Mysuru held a environmental plastic free bag distribution on 26th March 28, 2022 at Majjigepura Village of Srirangapatna Taluk. This activity was held during the National Service Schedule (NSS) camp held between 24 – 30th March that was conducted by JSS College of Pharmacy in association with JSS Academy of Higher Education and Research, Mysuru. The main aim of this programs was to create the awareness among general public in Majjigepura village on usage of environmental plastic free bags & make the village free from plastic.

BIOMEDICAL WASTE MANAGEMENT AWARENESS PROGRAMME

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 regularly, 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 the 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, the use of color-coded dustbins, disposal of household 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 of 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.

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 input. The programme ended with the demonstration of a 3 step drill that students should follow in case of a radiation accident.



Support of arts and heritage

The department of Pharmacognosy and Phytopharmacy, JSS College of pharmacy conducted the medicinal plants exhibition at the Govt. Botanical garden, Ooty on the event of 124st flowers show. The exhibition has the intension of creating awareness to the public about the utilization and importance of medicinal plants growing in this biosphere and elsewhere. The main attraction of the exhibition was exhibiting nearly 100 rare medicinal species, and explaining their use and the important phytoconstituents present in them.

The group photo taken during the medicinal plant exhibition



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மாதலை மலர்
 இந்தியாவின் No.1 மாதலை நாளிதழ்
MAALAI MALAR
 வெளியீடு 21.5.2022 (சனி) (செவ்வாய்) கி.மீ.கி.மீ. ரூ. 5
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UNIVERSITY OF PHARMACEUTICAL SCIENCES
 MEDICINAL PLANTS EXHIBITION
 PRESIDENT NATURE

**பாராட்டுகளை பெற்ற
 மூலிகை செடிகளின் கண்காட்சி**

நிலைநிரி மாதலட்டம் கருணாக நாரணியியல் துருவரணியில் நடைபெற்று வரும் மலர் கார்ட்டி நிலையில் பி.யு.கே.யு அமைப்புகளின் அரங்குகள் சுற்றுலா பயணிகளின் லாபநிலைக்காக அமைக்கப்பட்டு உள்ளது. இது அமைக்கப்பட்ட பாராட்டி கண்காட்சி பாராட்டி கண்காட்சி மூலிகை செடிகளின் கண்காட்சி அரங்கம் அமைக்கப்பட்டு உள்ளது. இன்றைய மருத்துவ கண்காட்சியில் இடம் பெற்றுள்ள மூலிகை செடிகளின் பயன்களை சுற்றுலா பயணிகளுக்கு அறிவிக்க எடுத்து கூறப்படுகிறது. இந்நிகழ்வை அணுகாட்சி அமைப்பின் பாராட்டுகளைப் பெற்றுள்ளது.

The prize received by the Principal for active participation in medicinal plant exhibition



English Extempore – Part of Literary competition

During the Pharma fest Celebrations, English extempore was conducted. The topic to depict the SDG 11 was “Smart City”. Students delivered their thoughts and newer ideas for building smart city. The emphasis was based on using digital mode and newer technology for creating better living area.



BIOMEDICAL WASTE MANAGEMENT AT JSS HOSPITAL

A process is developed by the hospital for safe handling and disposal of infectious and hazardous materials.

Purpose

- To minimize the health and equipment hazard in any related process
- To provide a safe and healthy environment for staff, patients and visitors

Scope

The procedure for collection, segregation, treatment, and disposal of biomedical waste generated during routine work in wards, OPDs, OTs, laboratories, and other places where biomedical waste is generated.

Responsibility

Safety Committee, Quality Assurance Team, Bio-Medical Waste Management Department, Laboratory, Clinical and Non-clinical staff. Document of BMW management approval from state Pollution control available with the management

Biomedical Waste Management

The SOP has been based on the policy direction issued in the Gazette of India notification of the 2018 Environment Protection Act guidelines. All wards and departments will follow the under-mentioned instructions meticulously. Heads of departments and hierarchy of wards will be legally and morally responsible for the effective functioning of the health care waste management system at JSS Hospital. HIC members during rounds ensure appropriate disposal of BMW. If any deviation from the protocol is noticed, photographs are clicked and discussed with the concerned personnel to take necessary corrective measures.

Colour Coding And Type Of Container For Disposal Of Bio-Medical Wastes-2018

Colour Coding	Type Of Container	Type Of Waste	Treatment Options
Yellow	Plastic bag	(a) Human Anatomical Waste: Human tissues, organs, body parts, and fetus below the viability period (as per the Medical Termination of Pregnancy Act 1971, amended from time to time (b)Animal Anatomical Waste : Experimental animal carcasses, body parts, organs, tissues, including the waste generated from animals	Incineration

		<p>used in experiments or testing in veterinary hospitals or colleges or animal Houses.</p> <p>(c) Soiled Waste: Items contaminated with blood, body fluids like dressings, plaster casts, cotton swabs</p> <p>(d) Expired or Discarded Medicines: Pharmaceutical waste like antibiotics, cytotoxic drugs including all items contaminated with cytotoxic drugs along with glass ampoules, vials etc</p> <p>(g) Discarded linen, mattresses, beddings Contaminated with blood or body fluid.</p>	
Red	Red colored non-chlorinated plastic bags or containers	<p>Contaminated Waste (Recyclable)</p> <p>(a) Wastes generated from disposable items such as tubing, bottles, intravenous tubes and sets, catheters, urine bags, syringes (without needles and <i>fixed needle syringes</i>) and vacutainers with their needles cut) and gloves. Microbiology cultures in plastic containers, Vacutainers with blood samples.</p>	<p>Autoclave & Shredding</p> <p>Autoclaving or micro-waving followed by shredding or mutilation or a combination of sterilization and shredding. Treated waste to be sent to registered or authorized recyclers or for energy recovery or plastics to diesel or fuel oil or for road making, whichever is possible</p>
White	Puncture proof, Leak proof, tamper proof containers	<p>Waste sharps including Metals: Needles, syringes with fixed needles, needles from needle tip cutter or burner, scalpels, blades, or any other contaminated sharp object that may cause punctures and cuts. This includes both used, discarded and contaminated</p>	<p>Autoclaving or Dry Heat Sterilization followed by shredding or mutilation or encapsulation in a metal container or cement concrete; the combination of shredding cum autoclaving, and sent for final disposal to iron foundries (having consent to operate from the State Pollution Control Boards or Pollution Control Committees) or sanitary landfill or designated concrete waste sharp pit.</p>
Blue	Cardboard box with blue marking /covers	<p>(a) Glassware: Broken or discarded and contaminated glass including medicine vials and ampoules except those contaminated with cytotoxic wastes.</p> <p>(b) Metallic Body Implants</p>	<p>Disinfection (by soaking the washed glass waste after cleaning with detergent and Sodium Hypochlorite treatment) or through autoclaving or microwaving and then sent for recycling.</p>

Segregation, containment, and packing of hospital waste in wards and departments

The waste should be segregated at the source, all health care personnel – doctors, nurses, interns medical and nursing and paramedical students, lab personnel, helper staff, patients, and attendants of patients are responsible for this. Clinical and nursing staff apart from meticulous exertion needs to oversee the proper operation.

Waste collection is done in each ward/department in color-coded labeled bins of the capacity of 20 to 35 liters of each category and placed at the points of generation in respective wards/departments at an accessible, user-friendly, and safe location.

Sharps will be collected in white puncture-proof containers in each department/ward. Sharps should be decontaminated with 1% sodium hypochlorite solution after disfiguring the same, the hypochlorite solution should be changed every 24 hours. Once 2/3rd full the container should be dispatched for disposal.

Intact glassware will be collected in cardboard boxes lined with blue boxes and can be handed over to the common treatment facilities. The waste collected by housekeeping staff is stored in color-coded rooms situated in the backyard of the hospital. The waste is transported to Shree consultancy in closed vans within stipulated time limits in a secure manner.

Biomedical waste treatment is outsourced to SHREE CONSULTANCY (which has a license from the state pollution control board) and the same is visited by representatives from Hospital Infection Control Committee, once in 6 months to ensure waste disposal according to Biomedical waste Management guidelines.

Staff Safety Considerations:

To ensure the safety of personnel involved in Bio-medical waste treatment and disposal, we follow certain policies and guidelines.

1. There are dedicated trolleys for transporting waste within the hospital.
2. All workers involved in this work are aware of the hazardous nature of this work.
3. The workers are provided with gumboots, rubber aprons, caps, masks, and thick rubber gloves.
4. All workers are immunized against Hepatitis B.

Training

1. JSSH hospital has a well-designed awareness and training program for all categories of workers involved in Bio-medical waste disposal and management.
2. Regular pre-induction training shall be conducted for appropriate categories of staff before joining the concerned department.
3. We have charts displayed at strategic points in all patient care areas depicting our Bio-medical waste management policy.
4. We have frequent workshops and training programs to promote awareness of our Bio-medical waste management policy.

The management provides manpower, money, and materials to carry out Infection control programmes. Regular classes are conducted by ICNs and members of the HIC committee for all the staff of the Hospital. The induction programme for newcomers includes sessions on HIC

Budget: The organization earmarks an annual budget for the Infection control programme. Based on the scope of HIC activities and the previous year's experience, this budget is allocated.

Training: Organization provides induction training and In-service training sessions for all staff in regular sessions. For doctors, the Medical education unit conducts an induction programme with HIC as one of the topics. For nurses and other para-medical staff, training is conducted by ICNs and HIC members. All the policies and protocols defined and approved by the HIC committee are being taught repeatedly and any change in the protocol also is immediately informed to all the concerned staff. Pop-up messages on HIS are flashed to enforce the new changes into action.

ACTIVITIES & FACILITIES PROVIDED DIFFERENTLY ABLED STUDENTS STAFF AND GENERAL PUBLIC.

SPECIAL OLYMPICS BHARAT



Special Olympics Bharat is a National Sports Federation also registered under the Indian Trust Act 1882 in 2001 and is accredited by Special Olympics International to conduct Special Olympics Programs in India. It is recognized by the Ministry of Youth Affairs & Sports, Government of India as a National Sports Federation in the Priority Category, for development of Sports for Persons with Intellectual Disabilities, and is a designated Nodal Agency for all disabilities on account of its national presence and experience, especially in rural areas which account for nearly 75 per cent of the disabled population in India. An all-India event was organized on 5th April 2022 and 7th April 2022. The target was to screen 75000 children with the help of 7500 doctors in 75 cities on 7th April 2022 to celebrate 75th Azadi ka Amrit Mahotsav.

The JSS AHER team was provided Prerana trust Fund in mandya as the venue.

Prerana Trust for the Disabled at Mandya is running a free boarding hostel for the blind and physically challenged students. 24 were blind, 21 were speech and hearing impaired, 13 were with various physically challenged among them. All are given free education boarding's hostel to stay and school uniforms and all other basic amenities with free of cost

(under the Progressive Educational Training) with help of a generous donation by the public and other phylum Homopists and educationists with liberal donation.

On 5th April 2022, a team of interns and pgs with Dr.Nandlal and Dr. Reshma had gone to inspect the venue.

On 7th April 2022, 48 dental volunteers (faculty, interns and pgs) from JSS Dental College and few volunteers from diet and nutrition department of JSS Medical College reached the venue around 9am.

The children were called from various schools like JSS School, Aashna Sadan etc. Once the children were brought their id cards were scanned and a brief screening was done. A HASS form was taught to the dental volunteers during the training program (21-25th march 2022).

Various variables like untreated decay, missing teeth, injury, restorations were evaluated and recorded in the form. The program was from 9am to 1pm. After which the children and the team were provided with lunch. At Mandya center, 110 children were screened by the dental team. All India, 93954 kids were screened out of which 52,464 underwent dental screening.

DISABLED ACCESS FACILITIES PROVIDED FOR PHYSICALLY CHALLENGED

For the physically challenged personal the following facilities are made available in the college campus.

- Wheel Chairs
- Stretches
- Ramps provided in all the floors of the college and hostel
- Suitable toilets provided in college and hostels
- Lift facilities available

Students have exclusive hostels for Boys and Girls with spacious, comfortable, well-furnished rooms with all modern amenities, hygienic kitchens, nutritious food, and portable RO water source is provided for drinking. Each hostel block has a separate pantry and laundry facility. Students

wishing to stay in these hostels are advised to apply in the prescribed forms. The boarders are having Indoor and outdoor sports facilities and ample reading room facility. Round the clock security guards (Male & Female for respective hostels) as well as CCTV cameras are placed for continuous monitoring and vigilance for the safety of students. For the physically challenged personal the following facilities are made available in the college campus.

- Wheel Chairs
- Stretches
- Ramps provided in all the floors of the college and hostel
- Suitable toilets provided in college and hostels
- Lift facilities available



Van/car pool service is available at free of cost for students supporting their internship program.



The vehicle used for student's transport

College has quarters for teaching and non-teaching faculties



The staff quarters, teaching

The staff quarters, Administrative and Non academic



College has boys and girls hostel facilities

COMPREHENSIVE GERIATRIC CARE SERVICES THROUGH HOME VISITS

Department of Geriatrics, JSS Medical College and hospital, provides Comprehensive health care is provided to elderly through home visits at an affordable cost. Faculty in the Department of Geriatrics along with nursing staff, technicians and counsellor visit the houses of elderly and provide the health services. Four types of services namely, doctor consultation, physiotherapy, diagnostic test and nursing services are provided at the doorsteps of elderly. Follow up visits are conducted at regular intervals to assess the prognosis and provide the support in medication management. Teleconsultation with a dedicated helpline is made available to provide the services round the clock.

During the visit elderly are educated on prevention of falls, diet and physical exercise, adherence to medication, mental health and wellbeing, substance abuse, life style modification, danger signs related to myocardial infarction, cancers and stroke. 75 to 100 houses are visited monthly under this initiative.

JSS Hospital, Mysuru

Health Services For Elderly - NOW AT YOUR DOORSTEP



JSS Hospital Homecare

The Geriatric Medicine Department, one of the medical specialities of the JSS Hospital addresses the complex medical needs of elderly patients and emphasizes maintaining of their functional independence even in the presence of chronic diseases.

Our Geriatric Medicine department offers homecare service for elderly people of Mysuru city, who cannot travel to visit the doctor, at affordable cost.

Why opt for homecare?

- Difficulty to visit hospital due to disabilities, disorders, multimorbidity patients
- Absence of assistance to reach the hospital to avail treatment
- Staying at home boosts patient morale, as family and friends will involve in the course of treatment.



Who can avail homecare services?

- Senior citizens above 60 years of age
- Senior citizens who wish to have a doctor's visit/ nursing care at home
- Patients advised for only physiotherapy (no age limit)

Note:

- Doctor's consultation will be fixed according to their availability
- Doctor's visit, nursing, physiotherapy and other services will be charged per visit
- Services can be availed between 8:00 am to 5:00 pm (Except on Sundays & Govt. Holidays)

Types of visit

- Doctor Consultation
- Physiotherapy
- Diagnostic Tests**
- Nursing Services**

Physiotherapy

- Geriatric physiotherapy
- Backpain
- Post surgical rehab
- Stroke/ Paralysis
- Arthritis & joint pain

First Phase of Rehabilitation

- Post joint replacement rehabilitation (TKR/THR)
- Phase 2 cardiac rehabilitation
- Post fracture stiffness of joints

Nursing

• Bed sore assessment & dressing	• Demonstration of self-care
• Insertion of NG (Nasid) tube/ tube feeding	• Colostomy care
• Urinary catheter care	• Tracheostomy care
• Intravenous fluid therapy	• Wound care
	• Diabetic care – teaching self care

Lab Diagnostics

For Elderly (Blood samples will be taken only for routine tests advised by doctor and other lab diagnostics)



M.G. Road, Mysuru - 570004 | Ph: 0821-2335555 | Fax: 0821-2335556
 Email: contact@jsshospital.in | Website: www.jsshospital.in

Emergency Services: 0821-2335000, 0821-2335500
 Emergency Cardiac Services: 9632388848
 24x7 Manager on Duty (MOO): 9988443489
 Special Clinic: 0821-2335505/2335261/23353866 (9 am to 6:30 pm)
 Master Health Check-up: 0821-2335595/23353866 (7:30 am to 4 pm)

**JSSH Homecare Helpline
Call: 96112 21155**





ORAL GERIATRIC GYAN

The Staffs & PGs of Department of prosthodontics organised a webinar on the theme “Oral Geriatric Gyan -2021” with the objective to create insights about oral health in geriatrics patients. The webinar was coordinated by Dr.Sowmya.S, and webinar was in collaboration with Geriatric Medicine (JSSMC). There were 195 registrations for the webinar. The resource person for the webinar were Dr. Pratibha Pereira, Prof & HOD, Dept of Geriatric Medicine, JSSMC, Dr. Pampanagouda SKM, Consultant oncologist, Fortis Health care, Bangalore, Dr.Dhakshaini M.R, Deputy Director (Authorities), JSSAHER and Panelists were Dr. Ganesh S, Reader, Dept of prosthodontics, JSSDC&H Dr. Sanjay CJ Reader, Dept of OMR, JSSDC&H and Dr. Raghavendra Swamy KN, Professor, Dept of prosthodontics, JSSDC&H respectively. The programme started

with talk by Dr Pratibha Pereira on “Geriatricians key role in oral Health” followed by welcome address from Dr.Raghavendra Swamy KN Professor & HOD,Dept of Prosthodontics,JSSDC&H in the inaugural ceremony. The chief guest for the webinar was Dr. Kushallapa PA, Director Academics and guest of honour were Dr Ravindra S, Principal and Dr Chandrashekar B R, Vice Principal, JSSDC&H. This was followed by a talk on “Tobacco: A bane for the elderly” by Dr.Pampanagouda SKM and “Geriatric Prosthodontic care: Don’t stay unaware” by Dr. Dhakshaini M.R. There was an enriched discussion after each talk followed by question & answer session and the webinar was well appreciated by the participants and the invitees.

FREE EDUCATION FOR POOR STUDENTS AT JSS



WOMEN LEADERSHIP DEVELOPMENT OBSERVERSHIP PROGRAMME

Ms Navvana Arun who is perusing medical education at Our Lady of Fathima University in Manila city, Phillipines, is in her final year MBBS. She has completed observer ship/clerkship at various departments of JSS Hospital: Community Medicine, Ophthalmology, ENT, Psychiatry, Internal Medicine, Paediatrics.



WOMEN TECH ACCELERATION PROGRAM, LED BY DERBI FOUND



Institution's Innovation Council of JSS Dental College & Hospital conducted a "Women Tech Acceleration Program" led by DERBI Foundation, an innovation supporting company supported by Start UP Karnataka on 20th July 2022 at Board Room, JSS Dental College Dr Raghav Shetty , CEO Nutrisukan Biotech, Mr Jayachandran, Dental Mechatronics, Dr Prasannasrinivas Deshpande, Dr Chandrashekhar BR, Vice Principal, JSS Dental College, Dr Nitin V Muralidhar, IIC Co-Ordinator, Mr. Jagana Karthik , Program Lead, DERBI Foundation, Mrs. Bhavani , Community Manager, DERBI Foundation, Dr Amulya ,Dept of ENT , JSS Medical College , Mrs Sukanya , Nutrisukan Biotech presided over the program.

EMPOWERING WOMEN- VOCATIONAL TRAINING PROGRAM

Empowering women- vocational training program was organized by JSS Urban center on 28/02/2022. As a part of starting vocational courses under the Jan Shikshan Sansthan scheme, health education was conducted on 16 women residing in D block, Bamboo Bazar and it was supervised by the medical officer Dr. Krishnaveni YS. Urban health center staff, Health inspector -Sunil, Medico Social Worker - Mr. Yatheesh, and Mr. Rakesh conducted the activities. Activities conducted include House to house survey in D block, MCC colony Providing information on vocational training courses, Collection of suitable documents from interested women, and Creating awareness on women empowerment and managing microeconomy. Talks were given on Women empowerment, and social factors affecting health by medical officer Dr. Krishnaveni YS, Details of course timings and enrolment procedure by Health inspectors – Mr. Santhosh, Mr. Sunil. Medico social workers explained the Courses available, and the benefits of enrolling. Residents actively participated in the program Interested women provided required documents and enrolled in courses and shared their socio-economic problems.



RESEARCH ACTIVITY RELATED TO SDG 11

PROJECTS RELATED TO SDG 11

Reduce plastic waste and use-Project

Plastic pyrolysis reactor was developed by Dr. Vadiraj and his group from **Department of Environmental Sciences**, for valorise the plastic waste to useful fuels. This objective of this project is to reduce plastic waste and use it as better energy resource. The objective of this work correlated with the Sustainable cities and communities goal of SDG



Plastic pyrolysis reactor and the products generated from it.

Area of Research	Department and Investigator	Funding agency	Funds in Rupees / Amount released in 2021
Air pollution	Dr.P.A.Mahesh Respiratory Medicine	DBT	9,98,44,800.00
Air pollution and lung growth	Dr.Rajesh Kumar T. Biochemistry	DBT	3,50,00,000.00
Indian folk games and cerebral palsy	Dr.K.Jagadish Kumar Paediatrics	ICMR	24,00,000.00
Asthma & Air pollution	Dr PA Mahesh Respiratory Medicine	Latrobe University, Melbourne	26,18,682.00
Respiratory and Environmental Diseases	Dr PA Mahesh Respiratory Medicine	Special Interest Group	3,00,000.00
Child development disabilities	Dr Rashmi N Associate professor of Paediatrics	JSSAHER	40,000.00

INTACT- Integrated Neonatal Transport Assist Cradle Technology	Dr Srinivas Murthy Professor of Department of Paediatrics	JSSAHER	50,000.00
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Undergraduate projects funded by Indian Council of Medical Research

Title	PI	Guide	Amount sanctioned	Duration
Prevalence and role of sociodemographic variables, Family planning services, Gender preferences and Decision making on Sterilization Regret among Women in Urban, Rural and Tribal areas.	Ms. Palak Talwar	Dr Smitha MC	50,000.00	6 months
Effect of online classes *on refractive error progression * among school children during the COVID-19 pandemic	Ms. Sejal Agarwal	Dr.Shwethashree M	50,000.00	6 months
A cross-sectional study evaluating relationship between nicotine use, body mass index and impaired sleep with cognitive function in elderly population in a tertiary care facility	Mammohan yash mahajan	Dr.Kishore	10,000.00	6 months

COMPLETED PROJECTS

Title	Principal Investigator	Co-Principal Investigator	Departments Involved	Funding agency
Assessing functional role of Nrf2 signaling in Vitamin D deficiency induced cognitive dysfunction in Type 2 Diabetes Mellitus	Dr. Rajalakshmi R	Dr. Subba Rao Dr. Salimath P V Dr. Srinath K M Dr. Kishor M Dr. Ramya C M Dr. Praveen Kulkarni	Physiology Biochemistry General Medicine Psychiatry Community Medicine	DST- CSRI
“Exploring the factors that act as barriers and facilitators for the utilization of eSanjeevani AB-HWC and eSanjeevani OPD in Karnataka, India”.	Dr Sulochanadevi B C	Dr Madhu B	Dept. of Community Medicine & School Of Public Health	BMGF

Indian Council of Medical Research Funded Projects

Sl. No.	Title	PI	Guide	Amount sanctioned
1.	A comparative study on cognition and its association with perceived stress, body mass index and lung functions in medical students with and without physical activity	Mr. Ritish Reddy	Dr Bharath T	20000/-
2.	Relationship between Frailty, Glycemic Control and Nutritional status among elderly with Diabetes Mellitus residing in an urban community of Mysuru	Dr Poorvika V Babu	Dr Praveen Kulkarni	20,000/-
3.	Influencers in adopting terminal methods of contraceptives among target couples of urban and rural areas	MsNivedya Krishnan	Dr Smitha M C	20,000/-
4.	Assessment of indoor air quality and its implication on health in an urban slum of Mysuru city, Karnataka	MrSamyak T Shah	Dr Nayana S	20,000/-
5.	Effectiveness and challenges perceived by the mother and community health worker during the Home-Based New-born Care visits	Ms Riya Jain	Dr Anil S Bilimale	20,000/-

Students Projects related to SDG 11

1.	Biodegradation of monocrotophos pesticide by Pseudomonas aeruginosa mns-02
2.	Degradation of hexavalent chromium to trivalent chromium by using chromium degrading bacteria isolated from industrial effluent around Mysore district.
3.	Biodegradation of dichlorvos (ddvp) pesticide by proteus mirabilis dcv-01
4.	Production of manganese peroxidase from Aspergillus spp. and its application in dye decolorization
5.	Potential application spectrum of microbial proteases for cleaning process
6.	Biodegradation of heparin by heparinase from soil microbe

GUEST LECTURES DELIVERED BY FACULTY PERTAINING TO SDG 11

Dr. Akila Prashant, Professor, Department of Biochemistry delivered lecture on Anemia-Research base for public policy decision making in National level conference at Chettinad Hospital and Research Institute (CHRI) on 25 th & 26 th February 2021.
Dr.Praveen Kulkarni, Asso. Professor Department of Community Medicine, delivered lecture on World Health Day- Let's build a fairer, healthier world for everyone in state level conference at JSS College of Nursing, Mysuru on 9 th April 2021.
Dr. Anil S.Bilimale, Asst.Professor, Department of Community Medicine, delivered lecture on Public Health and Pandemic Management in state level conference at State Institute of Urban Development, Mysuru on 12 th February 2021.
Dr.Prathibha Pereira Professor & HOD, Department of Geriatrics delivered a lecture on elder abuse Awareness & prevention, World Elder Abuse Awareness Day-2021 Theme: Access to Justice in state level conference on 15 th June 2021.
Dr.Kishore. M. Asso.Professor, Department of Psychiatry delivered a lecture on understanding Disaster and the Psychological Impact in state level conference from 11 th to 12 th June 2021.
Dr. Shivananda Manohar, Asst.Professor, Dept. of Psychiatry delivered lecture on Stress and Resilience during pandemic organized by University of Mysore on 12 th June 2021.
Dr. Shivananda Manohar, Asst.Professor, Dept. of Psychiatry delivered lecture on Mental wellness and counselling techniques organized by JSS Science & Technology University, Mysore on 26 th June 2021.
Dr.G.B.Aravind, Asso.Professor, Department of Forensic Medicine, delivered a lecture on Cyber Crimes & Safety” in the National at ICMR-National Institute of Traditional Medicine, Belagavi on 01.06.2022.
Dr.Ashok.P. Asst.Professor, Department of Medicine delivered a lecture on Our Planet our health at JSS College of Nursing, Mysuru on 11.04.2022.
Dr.Kishore M. Asso.Professor, Department of Psychiatry, delivered lecture on Be kind to the Mind held on 7 th April 2022 on the occasion of ‘WORLD HEALTH DAY’ Organized by Department of Pharmacy Practice, JSS College of Pharmacy, JSS AHER, Mysuru.

PUBLICATIONS RELATED TO SDG 11

1. Marissa B Reitsma., Mahesh P Areitsma Mb, Kendrick Pj, Ababneh E, Abbafati C, Abbasi-Kangevari M, Abdoli A, Abedi A, Abhilash ES, Abila DB, Aboyans V, Abu-Rmeileh NM. Spatial, temporal, and demographic patterns in prevalence of smoking tobacco use and attributable disease burden in 204 countries and territories, 1990–2019: a systematic analysis from the Global Burden of Disease Study 2019;The Lancet;2021 May 27;397;2337:2360.
2. Mahesh P.A. Pandey A, Brauer M, Cropper M, Balakrishnan K, Mathur P, Dey S, Turkgulu B, Kumar Ga, Khare M, Beig G, Gupta T. Health and economic impact of air pollution in the states of India: the Global Burden of Disease Study 2019;The Lancet Planetary Health;2021 Jan 1;5(1);25-38.
3. Banerjee D., Rao TSS. “The Graying Minority”’: lived experiences and psychosocial challenges of older transgender adults during the COVID-19 pandemic in India, a qualitative exploration;Frontiers in Psychiatry;2021;11(10).
4. Banerjee D., Vajawat B., Varshney P., Rao T.S.S. Perceptions, experiences, and challenges of physicians involved in dementia care during the COVID-19 lockdown in India: A qualitative study;Frontiers in Psychiatry;2021;11;14-94.
5. Bellipady Shyam Prasad Shetty., George Dsouza., Mahesh P.A. Effect of Indoor Air Pollution on Chronic Obstructive Pulmonary Disease (COPD) Deaths in Southern Asia—A Systematic Review and Meta-Analysis;Toxics;2021 Apr;9(4);1-15.
6. Debanjan Banerjee., Sathyanarayana Rao T.S., Jagannatha Rao Kosagisharaf ‘The dual pandemic’ of suicide and COVID-19: A biopsychosocial narrative of risks and prevention;Psychiatry research;2021 Jan 1;295;1135-1177.
7. Babu B.V., Sridevi P., Surti S., Ranjit M.R., Bhat D., Sarmah J., Sudhakar G., Sharma Y. Prevalence of sickle cell disease among children of tribal population in India: Feasibility of screening at community level in low-resource settings;Pediatric Blood & Cancer;2021 Jun;68(6);e289-311.
8. Banerjee D., Sathyanarayana Rao T.S., Kallivayalil R.A., Javed A. Psychosocial framework of resilience: navigating needs and adversities during the pandemic, a qualitative exploration in the indian frontline physicians;Frontiers in Psychology;2021 Mar 16;12;775.
9. Raghavendraswamy K.N., Thippeswamy H.M., Giridhar Kamath., Devananda Devegowda., Nanditha Kumar M Prevalence of xerostomia in patients on haemodialysis: A systematic review and meta-analysis;Gerodontology;2021 Jan 11;38;235-241.
10. Meerambika Mahapatro., Moksh M Prasad., Sudhir Pratap Singh. Role of Social Support in Women facing Domestic Violence during Lockdown of Covid-19 while Cohabiting with the Abusers: Analysis of Cases Registered with the Family Counseling Centre, Alwar, India;Journal of Family Issues;2021 Jan

1.	Supreeth M, Enhanced remediation of pollutants by microorganisms–plant combination, International Journal of Environmental Science and Technology, 2022
2.	Development and Application of Microfluidics in Organoid Formation
3.	Recent advances in photocatalytic remediation of emerging organic pollutants using semiconducting metal oxides: an overview
4.	Quantification, distribution, and effects of di (2-ethylhexyl) phthalate contamination: Risk analysis and mitigation strategies in urban environment
5.	Geographical Study of Agrotourism in Kerala Prospects Challenges and Strategies for Sustainable development of Agrotourism A Review
6.	Valorization of Plastic Waste to Generate Hydrocarbons by Hybrid Pyrolysis
7.	Valorization of Plastic Waste to Generate Hydrocarbons by Hybrid Pyrolysis
8.	Ferric oxide quantum dots (FOQDs) for photovoltaic and biological applications: Synthesis and characterization
9.	A Review on Emerging Micro Pollutants (EMPs): Sources, Environmental Concentration and Toxicity
10.	Detoxification of Sunset Yellow and Brilliant Blue Dyes using Soybean peroxidases
11.	UV-LED driven photodegradation of antibiotic and organic dye using strontium titanate nanostructures

11. Suhas Chandran., Dushad Ram., H R Vinay., Kishor M. Suicide among Indian doctors; Indian Journal of Psychiatry;2021 May 1;63(3);279-284.
12. Mohan Kameswaran., Dr Sandhya D., Rahul Kurkure., Raghu Nandhan Sampath Kumar., Ruchima Dham. Socio-demographic profile and its influences on rehabilitation in children undergoing revision cochlear implantation–MERF experience;International Journal of Pediatric Otorhinolaryngology;2021 Dec 1;151;110-919.
13. Sandhya D., Sriram Madhan ., Ashima Madhu ., Kavya Sivapuram., G Nivetha Devi ., Shaik Ayesha Aliya., S B Ramya., Dr Prakash B.G., Dr Bharathi M.B. Hearing Loss-a Camouflaged Manifestation of COVID 19 Infection;Indian Journal of Otolaryngology and Head & Neck Surgery;2021 May 10;73;494-498.
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15. K V Krishnamurthy., Narayana Murthy M.R, Praveen Kulkarni., Amogha Shree., Mr Arun Gopi study on the prevalence of accidents among under-five children in an Urban field practice area of Mysuru;Indian Journal of Medical Specialities;2021 Jan 1;12(1);25-30.
16. Meerambika Mahapatro., Moksh M Prasad Role of popular media and breaking the cycle of domestic violence;Journal of Public Affairs;2021.
17. Manohar Prasad., Kavita Yadav., Praveen Kulkarni., Narayana Murthy M.R.Patterns of utilization of maternal and child health care among tribals of HD Kote Taluk Mysore;Indian Journal of Medical Specialities;2021 Apr 1;12(2);69-72

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19. Preetha Susan George., Narayana Murthy M.R.Prevalence of undernutrition among preschool children (3–6 years) attending anganwadi centers in urban Mysuru;Indian Journal of Medical Specialities;2021 Jul 1;12(3);127-131.
20. Jose Jom Thomas., Narayana Murthy M.R., Prakash B., Praveen Kulkarni Exploring the psychiatric symptoms among people residing at flood affected areas of Kodagu district, Karnataka;Clinical epidemiology and global health;2021 Jan 1;9;245-250.
21. MAHESH P.A. Is the impact of air pollution on lung function moderated by body mass index?;Lung India;2021 Sep;38(5);489-490.
22. Murali Krishna., Sumanth Mallikarjuna Majgi., Sudeep Pradeep Kumar., Rajagopal Rajendra., Narendra Heggere., Rob Poole., Catherine Robinson A hospital-based self-harm register in Mysore, South India: Is follow-up of survivors feasible in low and middle income countries?;International journal of community medicine and public health;2021;8(11);5258-5262.
23. Hari Prakash G., Smitha M C., Prakash B., Deepika Yadav., Narayana Murthy M R Assessment of Self Medication Practices Among The People Residing in The Urban Field Practice Area of A Medical College, Mysuru- A Cross-Sectional Study;International journal of pharmacy and pharmaceutical research;2021;22(2);659-669.
24. Sara Richards., Praveen Kulkarni., Nayanabai Shabadi., David R Hill Comparative study of knowledge attitudes and practices of maternal health care utilization in rural and urban areas of Mysuru India; International Journal of community medicine and public health;2021;8(9);4255-2394-6032.
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27. Bhavika Mansharamani., Kishor M.Women's mental health and domestic violence in India during COVID-19 pandemic;International Journal of Health & Allied Sciences;2021 Jan 1;10(1);92-94.
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30. Mohandas A., Bhat D., Kumar D S., Narayana Murthy M.R. Quality of life and mental health status among the caregivers of genetic disease patients in Southern Karnataka, India;Clinical Epidemiology and Global Health; 2021 Jun 8;11;
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33. K V Sindhu., Dr Smitha M.C., Mohankumar Thambad., Dr Narayana Murthy M.R., Mr Arun Gopi., Prakash Boralingiah Anxiety and depression among elderly tribal population of H.D. Kote, Mysuru, India: Prevalence and factors associated with it; Archives of Mental Health;2021
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35. Sathyanarayana Rao T.S., Debanjan Banerjee “Neglected narratives”: social suffering and lived experiences of older transgender adults during COVID-19, a reflection from India ;ipa bulletin;2021;38(3).