



COMPENDIUM ON SDG 2

ZERO HUNGER

2020-2021



End hunger, achieve food security and improved nutrition and promote sustainable agriculture

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1. Introduction

Rapid economic growth and increased agricultural productivity over the past two decades has seen the proportion of undernourished people drop by almost half. Many developing countries that used to suffer from famine and hunger can now meet the nutritional needs of the most vulnerable. These are all significant achievements in reaching the targets set out by the first Millennium Development Goals. Unfortunately, extreme hunger and malnutrition remain a huge barrier to development in many countries.

The Sustainable Development Goals aim to end all forms of hunger and malnutrition by 2030, making sure all people – especially children and the more vulnerable – have access to sufficient and nutritious food all year round. This involves promoting sustainable agricultural practices: improving the livelihoods and capacities of small scale farmers, allowing equal access to land, technology and markets. It also requires international cooperation to ensure investment in infrastructure and technology to improve agricultural productivity. Together with the other goals set out here, we can end hunger by 2030.

The agricultural sector accounts for about 40% of the total employment in India. However, the agricultural, forestry and fishing sectors contribute only 15.5% to GDP value added. The Government of India has prioritised strengthening agriculture through measures in irrigation, crop insurance, and improved varieties. The government has also taken critical steps to enhance food security, including through an India-wide targeted public distribution system, a National Nutrition Mission, and the National Food Security Act. The Rashtriya Krishi Vikas Yojana, the National Mission on Sustainable Agriculture and many national schemes on horticulture, agricultural technology and livestock are leading the way in improving India's agriculture.

Goal 2 seeks sustainable solutions to end hunger in all its forms by 2030 and to achieve food security. The aim is to ensure that everyone everywhere has enough good-quality food to lead a healthy life. The UN has defined 8 Targets and 13 Indicators for SDG 2. Conflict, climate change, and inequality are making it harder for families to share a meal around a table. More than 820 million people around the world don't have enough nutritious food to thrive. The five "outcome targets" are: ending hunger and improving access to food; ending all forms of malnutrition; agricultural productivity; sustainable food production systems and resilient agricultural practices; and genetic diversity of seeds, cultivated plants and farmed and domesticated animals; investments, research and technology.

To achieve progress towards SDG 2 the world needs to build political will and country ownership. It also needs to improve the narrative around nutrition to make sure that it is well understood by political leaders and address gender inequality, geographic inequality, and absolute poverty. It also calls for concrete actions including working at sub-national levels, increasing nutrition funding and ensuring they target the 1st 1000 days of life and going beyond actions that address only the immediate causes of malnutrition and look at the drivers of under-nutrition, as well as at the food system as a whole.

Climate change and natural disasters are affecting food security. Disaster risk management, climate change adaptation and mitigation are essential to increase harvests quality and quantity. Reducing hunger can directly help in advancing Goals SDG 1, SDG 3 and SDG 8 by increasing rural and developing country incomes and access to nutrition. Zero Hunger is one of 17 Global Goals that make up the 2030 Agenda for Sustainable Development. An integrated approach is crucial for progress across the multiple goals.

End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

2. Vision of JSS Academy of Higher Education & Research towards the Goal 'Zero Hunger'

- By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round in Mysore, Karnataka, India.
- By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons in Mysore, Karnataka, India.
- By 2030, double the agricultural productivity and incomes of small-scale food producers, in particular women, indigenous peoples, family farmers, pastoralists and fishers, including through secure and equal access to land, other productive resources and inputs, knowledge, financial services, markets and opportunities for value addition and non-farm employment in Mysore, Karnataka, India.
- By 2030, ensure sustainable food production systems and implement resilient agricultural practices that increase productivity and production, that help maintain ecosystems, that strengthen capacity for adaptation to climate change, extreme weather, drought, flooding and other disasters and that progressively improve land and soil quality in Mysore, Karnataka, India.

Key Focus towards the Vision:

1. Active role in National Nutrition Mission, and National Food Security Act.
2. Supporting Rashtriya Krishi Vikas Yojana, the National Mission on Sustainable Agriculture and many national schemes on horticulture, agricultural technology and livestock leading the way in improving India's agriculture and food production .
3. Promoting sustainable agricultural practices-Training & Technology Transfer.
4. Improving the livelihoods and capacities of Small-Scale Famers.
5. Supporting measures towards equal access to Land, Technology and Markets to Farmers.
6. Investment in infrastructure and technology to improve agricultural productivity in Mysore.
7. Promoting education, research & training on Sustainable Farming.
8. Promoting education, research & training in Food Security & Zero Waste.
9. Promoting education, research & training in sustainable & nutritional food production and consumption.

3. JSS ACADEMY OF Higher Education & Research program on student food insecurity & hunger working along with its parent organization JSS MVP in realising the SDG 2.

JSS Academy of Higher Education & Research (JSSAHER) along with its Parent Institution JSS MahaVidya Peetha (JSSMVP) always stand in front line to provide "Thividadasoha" to the under privileged / to reach unserved through providing Free food shelter & education services.

- I. The rural /needy students who aspire for studies are being provided free food and hostel facilities to realize their educational dreams through its 18 free hostel.
- II. Akshara Dasoha is a unique programme undertaken by the parent organization JSS Mahaavidyapeetha in collaboration with the Government of Karnataka is managing Akshara Dasoha scheme since 2003-04 to address the concern of economically backward children and underprivileged community exhibited poor health and poor learning ability due to lack of proper nutrition. Under this scheme, the institution provides free mid-day meals to primary and high school children from rural areas. The scheme has been effectively implemented in more than 33 villages in Karnataka and over 12000 children are getting benefited.

JSSAHER have UG, PG and Research Programmes under the department of Nutrition & Dietetics which also closely works in realizing the goals of SDG-2. JSSAHER works closely with its parent organization JSS MVP in realising zero hunger.

- JSS provides free food shelter and education to around 4000 students through its various hostels. For this noble cause the staff and students of JSSAHER contribute fund to the poor children fund every year and which in turn provide free food, education and shelter for the needy students or students from underprivileged community predominantly hails from rural background.
- JSSAHER with the parent organization JSS Mahaavidyapeetha (JSSMVP) in collaboration with the Government of Karnataka is managing Akshara Dasoha scheme since 2003-04 to address the concern of economically backward children and underprivileged community exhibited poor health and poor learning ability due to lack of proper nutrition.

Under this scheme, the institution provides free mid-day meals to primary and high school children from rural areas. The scheme has been effectively implemented in more than 33 villages in Karnataka and over 12000 children are getting benefited. The food is supplied from a central kitchen belonging to JSS and which ensure good and hygiene food. At present, the project covers the schools from Yelandur, a backward taluk in Chamarajanagara district, and schools from Mysuru district. JSSMVP is bearing the expenses over and above the grants provided by the government.

The programme aims at improving the attendance and retention rate of children enrolled in schools from rural areas. This initiative not only supports the educational objectives of the schools but also tries to bring in social equity in society

4. Pledge to support such children by providing and education and boarding at JSS to end poverty and hunger during pandemic

The Chancellor of JSSAHER distributed food grains kits and financial help to the kith of those who died of COVID-19

Paramapujya Swamiji distributed foodgrains kits and financial help to the kith of those who died of COVID-19, sponsored by Minister for Cooperation and Mysuru District In-charge Sri S.T. Somashekar, at a program held at Yeshwanthpura Assembly Constituency limits in Bengaluru. Minister S.T. Somashekar has exhibited his generosity and his service mindedness towards the society by contributing the foodkits and financial help to the needy, by spending from his pocket.



The Covid pandemic has devastated many a life and the worst affected are the children! The second Covid wave has been crueler to the children as scores of families have been wiped out, and thousands of children have been orphaned. Today we see thousands of children who have lost one of their parents or both. Besides the pandemic also left many families economically shattered with no resources available to support the children beyond basic sustenance and these children will perhaps miss their education which is an important of their growing up and survival. This can change if we all come together and do something about it. The Chancellor of JSSAHER , His Holiness Jagadguru Sri ShivarathriDeshikendraMahaswamiji, the spiritual head of Sri Suttur Math and the President of JSS Mahavidyapeetha, Mysuru and Chancellor of JSS Academy of Higher Education & Research has pledged to support such children by providing free education and boarding at JSS School, Suttur, Mysuru District, Karnataka, India. The children will be completely supported for their education from class 1 to 10 and will include their living, boarding, medical care, and basic personal needs.

Math Our Institutions **JSS AHER** JSS STU JSS Spiritual Mission Healthcare Services Social Service

Sri Suttur Math and JSS Mahavidyapeeta's Contributions in Combating COVID-19

**Sri Suttur Math and
JSS Mahavidyapeeta's
Contributions in
Combating COVID-19**

As on June 10, 2020



By serving humanity, you are serving God

5. Outreach programs of JSSAHER aligning to SDG 2

i. Nutrition programme in Anganwadi

Nutrition programme was organized in Anganwadi no 122 as a part of Bala vikasa mahila samithi programme on January 1st 2021 along with health inspector of the UHC Mr. Shanthosh. Programme was organized by anganwadi staffs. Pregnant mothers, Lactating mothers, and mothers of under five children and Students of JSS nursing college participated in the programme. Head of Community health nursing department Mrs. Nisha P Nair and Assistant professor of JSS Nursing College, ASHA worker Mrs. Shobha and Community leader Mr. A P Raj were present in the programme. Various food items of nutritive values like cereals (ragi, rice, wheat) sprouted pulses, ground nut Green leafy vegetables, roots and tubers, egg, milk powder were exhibited in the programme. Assistant professor of nursing college addressed the gathering with information on importance of nutritious programmes. Orientation was given to nursing students on ICDS activities, and Health education provided to pregnant mother on nutritious food required during pregnancy and lactation. Suggested to visit UHC for further information




ii. Annaprashana programme in Anganwadi


Annaprashana programme was held in Anganwadi no 71 as a part of Bala vikasa mahila samithi programme on January 1st 2021. Programme was organized by anganwadi staffs. Community leader Mr. Shanmugham inaugurated the programme. Nursing staff of Kiosk clinic Mrs. Bharathi, ASHA worker of the area Mrs. Shobha, were present in the programme. Mr. Shanmugham addressed mothers regarding nutrition and suggested mothers to avail all the services available in anganwadi. He enquired about the food distribution in the anganwadi. Health education was given on Exclusive breast feeding, weaning, supplementary foods, regular growth monitoring and harmful effect of bottle feeding. Mothers fed their babies with the nutritious food prepared by them.



Name of the event	Date and Venue	Details
Nutrition Education program	05/02/2021 Anganwadi code 70, Medar block, Bamboo bazaar,	<ul style="list-style-type: none"> • Number of participants: 16 • Health education on Nutritional food by Dr Krishnaveni YS, Medical Officer, UHC, JSSMC and Low cost nutritious food by Mr Shanmugam, Local leader



Health checkup of Anganwadi children	11/02/2021, Anganwadi code 122 Medar block, Bamboo bazaar,	<p>Among 10 children examined 2 were moderately malnourished. Anganwadi workers were informed about the conditions</p> 
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Poshan abhiyan nutrition programme	17/03/2021, Anganwadi code 71 and Anganwadi code 122	<p>Mr Santhosh M Health Inspector- Nutritional food ; food hygiene; use of clean water</p> 
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Name of the event	Date and Venue	Details
Adolescent health education on Anemia	16-03-2021, Anganwadi code122	<ul style="list-style-type: none"> • Home visit of adolescents • Nutritional education to adolescents • Distribution of one month Iron supplements



Under five clinic	10 /04/2021 on 08/07/2021 JSS Urban Health Centre,	Number of participants: 10 <ul style="list-style-type: none"> • Short videos and movie presentation on child care and nutrition • Health education to each family on child growth and nutrition • Anthropometric and clinical examination of children • Referral of patients requiring further treatment to UHC/ Higher centre
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iii. Awareness on Sanitation, Addiction, Nutrition and Environmental protection among adolescents: S.A.N.E campaign

Areas covered: F block , RMC colony, Bamboobazar

Number of sessions conducted: 12

Number of adolescents covered: 55

Activities conducted :-

- House to house visit
- Health education given on Sanitation, Addiction, Nutrition and Environmental protection among adolescents through ppt
- Interactive sessions with children and adolescents to determine their KAP
- Demonstration of nutritious food, waste segregation and disposal
- Distribution of fruits to children
- Assessment of difference in Knowledge, attitude and practices after health education

Responses from the Participants: -

Children actively participated and interacted with staffs

Effect of the programme:-

Improvement in knowledge and a positive attitude was seen after the health education programme



iv. NSS Volunteers participated in the Drama event on “Tea Promotion Campaign” organized by the Tea Board India

On 31st January 2020, our NSS Volunteers participated in the Drama event on “Tea Promotion Campaign” organized by the Tea Board India which was held at Tribal Resource Centre and we have got third prize in the event. This event was initiated by the District Assistant Collect



V. Research and Awareness Activities Related to Use of Pesticide

To ensure sustainable food production, we also involve in research activities related to the use of pesticides such as organophosphates in fruits and vegetables cultivated in and around Nilgiris. We also developed analytical procedures for quantification of harmful pesticides that in turn creates awareness among farmers to maintain a sustainable and effective farming. This work was published in "THE HINDU" on 27/1/2020.



DRUGS TESTING LABORATORY
 (Approval No. 28 in Form 37, Accredited by NABL, New Delhi, Certificate No. TC-2773)
 (ISO 9001:2015 Certified)
JSS COLLEGE OF PHARMACY
 (ISO 9001:2015 Certified)
JSS ACADEMY OF HIGHER EDUCATION & RESEARCH, MYSURU
 (Deemed to be University Awarded 'A' Grade by NAAC)

CERTIFICATE OF ANALYSIS
Form 39

(The Drugs and Cosmetics Act 1940 & the rules there under)

Ref.: JSSCP/OT/DTL/E-19/030/2019-20

Date: 02.12.2019
 Ar. No.: E-19/030

1. Name of the drug : **Eucalyptus Oil**
2. Name and address of supplier : **Ganesh Eucalyptus oil Distillery, Ootacamund.**
3. Date of receipt of the sample : **28.11.2019**
4. Details of raw material/finished product :

Control Reference No.	: -	Date of Mfg.	: 16.11.2019
Batch No.	: 525	Date of Expiry	: 15.11.2024
Quantity supplied	: 100 ml	Batch Size	: 900 Liters

RESULT OF ANALYSIS

S. No.	Name of the Test	Result	Standard Limit As per IP
1.	Description *	Yellow color liquid ✓	Yellow color liquid
2.	Identification*	Complies ✓	Complies
3.	Test for wt/ml*	0.907 ✓	0.897 to 0.924
4.	Test for Aldehydes*	0.9 ml ✓	NMT 2 ml
5.	Test of Phellandrene*	Complies ✓	Complies
6.	Test for Cineole content*	60% w/w ✓	NLT 60% w/w

In the opinion of the undersigned, the sample referred to above is of Standard quality as detailed.

Authorized Signatory : *[Signature]*
 Name : **Dr. B. Babu**
 Designation : **Head**

*Non NABL Parameter

Note: 1. Sample not drawn by us.
 2. The result listed refer only to the tested samples and applicable parameters, endorsement of product is neither inferred nor implied.
 3. Samples will be destroyed after 1 month from the date of issue of test certificate unless otherwise specified

PASSED

DRUGS TESTING LABORATORY
 (NABL ACCREDITED LAB)
J.S.S COLLEGE OF PHARMACY
 HINDU COLLEGE CAMPUS - 563 093.

6. NUTRI-EXPO 2020 of JSSAHER on the “Food Safety & Food Adulteration”

The Department of Nutrition & Dietetics, FLS, JSS AHER organized one day NUTRI-EXPO 2020 on the theme “Food Safety & Food Adulteration ” on 3rd March, 2020 in collaboration with Department of Nutrition & Dietetics, JSS Medical College, Defense Food Research Laboratory, Ministry of Health, Govt. of India and CSIR-Central Food Research Technological Institute, Mysore. The event was organized to create awareness on proper utilization of food and avoid food wastage. Several Non-Governmental Organizations attended the event and created awareness among the youth to serve the poor. Several competitions were held among students to display their ability to produce food with minimal resources. The expo was visited by students from various schools, colleges across Mysore city, health professionals and common people. The stalls from host institution projected educational aids, promoting health and right eating practices, educating how to read packaging, methods of food adulteration, effecting importance of healthy diet, functional foods, Nutraceuticals. Stalls also focused on modifying junk foods to healthy snacks, assessment of nutritional status of interested visitors, which caught attention of visitors from all arena.

The stalls from JSS Hospital, JSS Nursing College, DRDO-DFRL and CSIR-CFTRI displayed various therapeutic diets, functional foods, Nutraceuticals, different packaging technology and innovative equipment developed by respective research institute.



Sri K Chandramouli IAS (Retd.), Former Secretary, Ministry of Health & Family Welfare, Govt. of India, inaugurated the Nutri-Expo 2020. Prof. Bejon Kumar Misra, International Consumer Policy Expert, New Delhi, India, served as a Guest of Honor. The event was presided by Dr Suresh B, Honorable Pro Chancellor, JSS AHER, Dr. Surinder Singh, Vice Chancellor, JSS AHER, Mysuru and Dr Manjunatha B, Registrar, JSS Academy of Higher Education & Research, Mysuru. Prof. Bejon Kumar Misra is seen addressing the gathering during the Nutri-Expo.

Students and Faculty from different streams of JSS AHER had attended the Nutri-Expo



An exciting exhibition was held as a part of the Nutri-Expo 2020 at Sri Rajendra Auditorium. Shri K. Chandramouli (Retd inaugurated the event. IAS). Honorable Vice Chancellor Dr. Surinder Singh and Prof. Bejon Kumar Misra graced the occasion.


A large number of students attended the Nutri-Expo 2020 from different streams, the event was open to the public to create awareness on the quality of food, and the issues related to food waste.

7. WORLD FOOD DAY-2020 at JSS AHER

Food for all in order to achieve zero hunger is one of the most important goals. With the theme “Grow, Nourish, Sustain Together: Revolution for future action”, World Food day-2020 was celebrated on 16th and 17th October 2020. The program was organized by NSS unit of JSS AHER, Mysuru- Faculty of Life Sciences in association with Dept. of Nutrition & Dietetics and Department of Health System Management Studies, JSSAHER as a part of series of events to commemorate the 105th Jayanthi Celebration of Srimanmaharaja Rajgurutilaka His Holiness Jagadguru Dr. Sri Shivaratri Rajendra Mahaswamiji. The program comprised of scientific session and various competitions.

8. Sustainable farming training & Events to transfer knowledge to formers

Farmers Expo 2020- Krishimela 2020 & ICAR JSS Krishi Vigyan Kendra.

SN	Date	Particulars	Photo
1	21-16 January 2020	<p>Krishimela 2020 Krishimela is organized during 21-16 January 2020. ICAR JSS KVK prepares a 'live-crop demonstration' for the occasion by growing various crops of a wide range of duration ranging from 40 days to 3 months-duration. Thus, the preparation involves three months of time and constant efforts. Live demonstration of a wide range of crops is the major attraction for the visitors of Krishimela, be it the farmers, students or the enthusiasts who are not farmers but have interest in farming. The live-crop demonstrations apart, the KVK arranges display and demonstration of various other agricultural technologies and inputs in its 'Agri Expo' – the agricultural exhibition. Seminars and competitions are also organized for the farmers. However, farmers are not the only beneficiaries of the Krishimela; thousands of school children, college students and devotees from urban areas flock the event and find one or the other learning opportunity in the Mela. Progressive farmers, agricultural scientists, officers associated with agriculture and rural development departments, representatives from private input agencies, corporate and non-government organizations, people's representatives and religious leaders take part in Krishimela. Thus, with the diversity in crops grown, diversity of programmes</p>	

		organized and the diversity among participants, the Krishimela becomes a unique 'marketplace' for farmers and all other stakeholders.	
2	29.02.2020	IFS training programme In collaboration with ATMA Proejct, Mandya IFS training programme has been conducted on 29.02.2020 at ICAR JSS KVK, Suttur. Scientist (Agronomy) gave information about integrated crop management in paddy, sugarcane and vegetables. Farmers made visit to Krishimela 1 acre model to get the practical experience about the integrated farming system concept.	
3	29.02.2020	Value addition & preparation of phenyl In collaboration with Prabhudan Rural Development Institute preparation of phenyl training programme has been arranged at Madapura, T. Narasipura taluk on 29.02.2020. Scientist (Home Science) demonstrated the preparation of phenyl and information about value addition. More than 25 farmwomen from various SHGs were attended the programme.	
4	05.06.2020	Celebration of World Environment Day The World Environment Day celebration on 05.06.2020 . More than 25 farmres were participated in the programme. Sri. M.N. Shivashankarappa, Director (Horticulture), JSS Mahavidyepaeetha, Mysuru, farmers and staff planting the plants. Drumstick and Curry leaf plants have been distributed to farmres and guests.	

5		<p>Field Day on Blackgram Field day on Black gram under Production of seed hub on pulses project sponsored by IIPR, Khanpur has been conducted at Neelasoge, T. Narasiupra Taluk. The Director of Extension Dr. M. Bayregowda, Naganahalli, UAS, Bengaluru and officials of Dept. of Agriculture were peresent. 48 farmers were witnessed the programme.</p>	
6		<p>SCST Scheme training programme Training programme have organized at Debur, Nanjangud Taluk under the project of SCST programme sponsored by Indian Insitute of Rice Research (IIRR), Hyderabad. In this training programme seed treatment, ICM and IPDM is covered.</p>	
7	09.08.2020	<p>Balarama Jayanti and Kissan Samman Nidhi Live programme PM Kisan Samman Nidhi live telecast programme has been organized on 09.08.2020 at ICAR JSS KVK, Suttur. Hon'ble Prime Minister interact with farmers and cooperative society members. During this programme Balarama Jayanathi was also observed. 32 farmers and farm women were participated.</p>	
8		<p>Skill India training programme Friends of Coconut Tree skill training programme examination has been conducted for 20 rural youth under the guidance of Agricultural Skill India. Sri. Mohamad NihadAsar and Dr. Arun Balamatti were attended as examiners.</p>	

9	28.08.2020	<p>Ragi and Horsegram Training programme</p> <p>The ragi variety KMR 630 and cow pea variety PHG 9 training programme has been conducted on 28.08.2020 at Arakere, K.R. Nagar Taluk. During the programme soil sampling, usage of fertilizers, integrated pest and disease management information has been provided to farmers. 30 famers and farmwomen were present in the programme.</p>	
10	05.09.2020	<p>Training programme on INM and IPM in Banana</p> <p>Training programme on INM and IPM in Banana has been conducted on 05.09.2020 at Magudilu, H.D. Kote Taluk. During the programme the integrated crop management and management of diseases and pests in banana were explained. 33 farmers were present in the programme.</p>	
11	05.09.2020	<p>ICM in Maize training programme</p> <p>Integrated crop management in Maize training programme has been conducted on 05.09.2020 at ICAR JSS Krishi Vigyan Kendra, Suttur. During this programme nutrition in maize and how use in foods were explained. Value addition in Maize has been done through method demonstration. 33 farm women under 3 different SHG were participated in the programme.</p>	
12		<p>White ragi var. KMR 340 programme</p> <p>The training programme on white ragi var. KMR 340 has been conducted at Arakere, K.R. Nagar taluk. During the programme variety introduction, integrated crop management and value addition information has given. 30 farmers and farm women were attended the programme.</p>	

13	September 2020	<p>Poshan Abhiyan Programme</p> <p>Govt. of India has declared September 2020 as the nutrition month. In this month, a workshop has been conducted on 17.09.2020 improvement of nutrition status of children and women and to decrease the malnutrition level. During this workshop consumption of foods, vegetables and fruits to increase hemoglobin. Creation of kitchen garden maintenance were taught. 83 farmwomen and aganawadi workers were witnessed the programme.</p>	
14	23-24 September 2020	<p>Terrace gardening and preparation of Phenyl training</p> <p>Extension personnel training programme for 70 Suttur JSS School school teachers conducted during 23-24 September 2020 at Suttur. During this programme terrace gardening and method demonstration on preparation of phenyl were taught.</p>	
15		<p>Celebration of Mahatma Gandiji and Lal Bahadur Shastri Jayanthi</p> <p>Mahatma Gandiji and Lal Bahadur Shastri Jayanthi was conducted at JSS Institutions, Suttur. Dr. M.C. Nataraj, Principal, JSS B.Ed. College, Suttur opined that Gandiji proposed during the lifetime about the equity. The society without equity society is not a society. There must be a equality in the society and Lal Bahadur Shastriji called to the nation 'Jai Jawan Jai kisan' during the tough times and offer one time fasting to the nation. 115 staff members were present in the programme.</p>	

16	15.10.2020	<p>Farm Women day</p> <p>Farm women day was observed on 15.10.2020 at ICAR JSS Krish Vigyan Kendra, Suttur in collaboration with Sri NanjundeshwaraMahilaKalanjiOkkuta, Nanjangud. The programme was inaugurated by the District Zonal Coordinator Sri. Shakar Prasad and said farmwomen role is very vital in agriculture. They have to not only concentrate in agriculture, but also extend their hands in agriculture enterprises viz., vermicompost production, poultry, piggery, apiculture etc.,. Progressive farmer Smt. K.S. Vasanthamma present the function. 58 farm women were participated in the programme.</p>	
17	16.10.2020	<p>World Food Day</p> <p>World food day was observed on 16.10.2020 at ICAR JSS Krish Vigyan Kendra, Suttur in collaboration with SrikeshtraDarmastala Rural Development B.C. Trust (R), Nanjangud. Sri. Anand Gowdru inaugurated the programme and said people must continue the predecessors food habits and continue to the successors. Sri. S. Satheesh said that there may be 14 per cent food products were damaged before entry into the market. To avoid bat quality vegetables and fruits farmwomen must have a kitchen garden and consume quality vegetables and fruits and save some amount of money to the family. 75 farmers and farmwomen were witnessed the programme.</p>	



18	27-19 December 2020	<p>CADA training programme</p> <p>A 3-day training programme for Cauvery Area Development Authority (CADA) farmers on IPM and ICM of various crops have been conducted on 27-19 December 2020 at JSS Krishi Vigyan Kendra, Suttur. 32 Farmers from T. Narasipura and Nanjangud taluk have benefited the programme.</p>	
19	04.12.2020.	<p>Women in Agriculture</p> <p>Celebration of Women in Agriculture programme has observed at Periyapatana in collaboration with Dept. of Agriculture, Periyapatana, KananaKrushikaMahileyara Sanga and Nari home products on 04.12.2020. The officials of agriculture department, CEO of Taluk panchayath and 30 farmwomen were participated in the programme.</p>	
20	09.12.2020	<p>ATMA training programme</p> <p>A day programme for Srirangapatana taluk of Mandya district farmers conducted on 09.12.2020 under ATMA scheme of Agriculture department. During this programme IFS, INM, IPDM topics were covered. 50 farmers were participated in the programme.</p>	
21	16-31 December 2020	<p>SwachhataPakwada programme</p> <p>SwachhataPakwada programme has been observed at JSS Krishi Vigyan Kendra and various nearby villages during 16-31 December 2020. Throughout the programme the awareness has been created among the villagers are cleaning of drainage, kitchen waste management agriculture waste management into vermicompost and cleaning of dairy unit. 265 farmers from 8 villages were participated.</p>	



22	15.12.2020	<p>Field day on Paddy In collaboration with IIPR, Hyderabad and ATAM scheme, Dept. of T. Narasipura; field day on DSR method and INM in paddy has been conducted at Dananayakanapura, T. Narasipura taluk on 15.12.2020. 65 farmers were participated in the programme.</p>	
23	23.12.2020	<p>Farmers Day Farmers day has been observed on 23.12.2020 at Magudilu, H.D. Kote taluk in collaboration with various local farmers unions. Progressive farmers, Agriculture department officials were participated. During this programme awareness about swachhata has been created and Swachhata Jatha organized in the village.</p>	
24	26.12.2020	<p>Kitchen garden field day The kitchen garden concept has been introduced to improve the health rural family. Under this programme the vegetable seed kit has been issued for 30 farm families to grow vegetables and leafy vegetables in their kitchen garden. To popularize the concept of kitchen garden among the other farm families a field day on kitchen garden has been conducted at Arakere, K.R. Nagar taluk on 26.12.2020. 30 farmwomen were participated in the programme.</p>	
25	04-05 January 2021	<p>Two-day training programme for School Teachers With the concept of importance of Agriculture in school education; a two-day training programme has been organized for government high school teachers of Mysuru district at ICAR JSS KVK Suttur, Mysuru during 04-05 January 2021. About 28</p>	


		horticulture subject teachers were participated.	
26	09.01.2021	<p>Opportunities and Entrepreneurship for youths</p> <p>One day workshop on opportunities and entrepreneurship has been conducted by the JSS RUSSETI, Marayala, Chamarajangara district on 09.01.2021. Sri. Shamaraj, Scientist, ICAR JSSKVK, Suttur, Mysuru participated in the workshop as a guest lecture and discussed the opportunities and challenges in the agriculture sector and share successful agriculture entrepreneurs.</p>	
27	20.01.2021	<p>Field day on White Ragi var. KMR 340 value addition</p> <p>A field day on white ragi var. KMR 340 value addition has been conducted on 20.01.2021 at Arakere, K.R. Nagar Taluk. Value addition demonstration on ragi has been done during the field day. 20 farm women from different SHGs were participated.</p>	
28	8-12 February 2021	<p>Online IIHR Horticulture Fair programme</p> <p>The Indian Institute of Horticulture Research (IIHR), Bengaluru organized Horticulture Fair during 8-12 February 2021. Live telecast arrangement has been made at our KVK on 8th February 2021. During the live programme the inauguration programme and information about new varieties and technologies were discussed. 68 farmers, farmwomen and staff of the KVK were participated.</p>	

29	9th February 2021	<p>Final test on skill development programme</p> <p>The skill development programme on Friends of Coconut Tree (FOCT) has been conducted in our KVK for rural youth during 21st January 2021 to 9th February 2021. The final test has been conducted on 8th April 2021. 20 participants have taken online test and viva-voce. During this time coconut climbing equipment have been issued.</p>	
30	01.06.2021	<p>World Milk Day</p> <p>The World Milk Day has been observed in KVK on 01.06.2021. During online programme Dr. S. Rajesh, Senior Veterinary Doctor, Bannur gave information about White Revolution, importance of milk in growing up children and how livestock will enhance the income of the farmer. Dr. U.M. Rakshith Raj, Scientist (Animal Science) presented about the management of livestock and preparation of milk products in home.</p>	
31	5th June 2021	<p>World Environment Day</p> <p>The World Environment Day has been observed on 5th June 2021 at ICAR JSSKVK, Suttur by planting seedlings. Smt. H.V. Divya, Senior Scientist and Head (I/c) said about to follow and implement the theme for World Environment Day 2021 “Ecosystem Restoration” for the younger generation. Silver oak, Neem and other planting materials has been distributed to farmers during programme.</p>	

32		<p>Terrace Gardening On the occasion of Bharath Amruth Mahotsav (India@75) an online training programme has been conducted on terrace gardening in collaboration with KVK, Gonikoppa. Dr. B. Prabhakar, Scientist (Horticulture), has participated as resource person and informed about the different vegetables to be grown on terrace garden based on the season. Smt. NetravatiYettinamani, Scientist (Home Science) informed about the importance of vegetables in food and how to grow vegetables organically in terrace. Smt. H.V. Divya, Senior Scientist and Head (I/c) informed about the requirement of fertilizer for terrace gardening. Pot fertilizer making, kitchen waste organic fertilizer, anaerobic composting and management of pests and diseases. 101 participants were logged in the online programme.</p>	
33	28 June 2021.	<p>Training programme on usage of sugarcane apart from sugar On the occasion of Bharath Amruth Mahotsav (India@75) a training programme on usage of sugarcane apart from sugar has been conducted on 28 June 2021. Sri. Shamaraj, Scientist (Agronomy) informed that from sugarcane starch user friendly bio-plastic has been prepared and by sugar cane ethanol is used to prepare sanitizer and bio-diesel.</p>	

34		<p>Training programme on Paddy var KMP 225 The ICAR JSS Krishi Vignan Kendra, Suttur, had organized a training program on technical verification of new paddy variety KMP 225 and seed treatment, at Arakere village in K.R. Nagara Taluk, of Mysuru District. Smt. Divya H.V. explained the farmers about the significance of seed treatment and made a demonstration. She explained that paddy gets diseases from seeds and soil. "By providing seed treatment which costs just Rs. 100 several diseases can be prevented apart from reducing the production costs. You can also get rid of the fear of getting lesser yield that may affect due to any disease. Hence, I request you to understand the importance of seed treatment and adopt it compulsorily," she explained. About 34 farmers including both men and women farmers from Aakere village took part in the training program. Smt. Netravathi Yettinamani, Home Scientist, JSS KVK was present.</p>	 <p>altitude: 11.996005 longitude: 76.370729 elevation: 678.97±17 m accuracy: 13.9 m time: 07-08-2021 11:55</p>
35	5th July 2021	<p>Training programme on kitchen garden A training programme on kitchen garden has been conducted on 5th July 2021 at Arakere, K.R. Nagar taluk. During the programme Smt. Netravathi Yettinamani, Scientist (Home Science) informed to farmwomen about the importance of kitchen garden. Instead of buying the vegetables and green leafy vegetables from market, farmwomen has grown the same in their available spaces organically. In this occasion plants were distributed to farmers under Jalshakthi programme. About 25 farmers/farmwomen including both men and women farmers from</p>	 <p>altitude: 12.404641 longitude: 76.380061 elevation: 808.69±11 m accuracy: 83.1 m time: 07-05-2021 13:21 lat: Jalshakthi abhiyanta - Arakere, K. R. Nagara</p>

		Aakere village took part in the training program.	
36		<p>Programme on new paddy var. KMP 220</p> <p>The ICAR JSS Krishi Vignan Kendra, Suttur, had organized a frontline demonstration of the new paddy variety KMP-220 and a training program for farmers. Smt. Divya H.V. explained the significance of seed treatment and demonstrated. She also explained how paddy gets several diseases from seeds and soil. "The diseases can be prevented by seed treatment spending just Rs. 50-Rs.100 and save the crop and also reduce production costs," She informed. Hence farmers should consider seed treatment as important and adopt it. The new paddy variety KMP-220 that resembles Jyothi variety paddy was distributed to the farmers on an experimental basis. The KMP-220 variety paddy resemble the Jyothi variety and in fact it provides more yield, and has less prone to diseases. It is released by the Agricultural University. Hence, it was distributed to the farmers to test the yield and match the capacity and quality.</p>	
37	16th July 2021	<p>The 93rd ICAR foundation Day</p> <p>The 93rd ICAR foundation day has been observed at ICAR JSS KVK Suttur by on 16th July 2021. During the occasions plantation drive has been carried out by the guests and participants in various places of KVK campus. Smt. H.V. Divya, Senior Scientist and Head (I/c) in her introductory note farmres should plant the trees on bunds and empty space of agricultural lands. Sri. VeeraiahHeremath, Bagalkot producer of Viboothi inaugurate the programme by planting tree. 30 famrers and</p>	

		farmwomen were participated in the programme	
38		<p>raining programme on millet var. DFFt 109-3 Training programme has been orgnized on Foxtail millet var. DHFT109-3 at Arakere village, K.R. Nagar taluk. Smt. NetravatiYettinamani, Scientist (Home Science) opined that this foxtail millet var. DHFT 109-3 has good percentage of fiber, iron and other nutrients. This will manage the diabetis, blood pressure and improve the immunity. The crop will yield 7-8q/ac and duration about 85-90 days. 30 farmers were witnessed the programme.</p>	
39	05 th Augsut 2021	<p>Millet Awareness programme An awareness programme on millets has conducted on 05 Augsut 2021 at Mirle, K.R. Nagar taluk in collaboration with Dept of Agriculture, K.R. Nagar under Under the National Food Security Campaign. Sri. Dhananjaya, Depty Director, Hunsur opined that by consumption of millets, we can manage the BP, sugar and other diseases. Smt. Geetha, President, Mirle Gram Panchayath, Mirle were presided over the function. More than 45 farmres/ farmwomen were participated in the programme.</p>	
40		<p>Agriculture and value addtion training programme for tribles The KVK conducted a training programme on Agricultrue and value addtionat SollepuraRehabilitationCenter, Sollepura, H.D Kote Taluk as a part of Azadi ka AmruthMahahotsav (India @75). More then 35 Farmres/ Farmwomen and students has been participated in the programme.</p>	

41		<p>Awareness programme on Millets An awareness programme on millets has conducted on 17 Augsut 2021 at SollepuraRehabilitationCenter, Sollepura, H.D Kote Taluk in collaboration with Dept of Agriculture, H.D. Kote under Under the National Food Security Campaign. Cooking competition for farm women, drawing competition for school children has arranged. More than 70 farmers/Farmwomen and 25 students participated in the event</p>	
42	17-23 August 2021.	<p>Parthenium Awareness Week ICAR JSS KVK has observed Parthenium awareness week during 17-23 August 2021. The Parthenium Eradication Awareness Program was to be held at the Sollepura Rehabilitation Center in H.D. Kote Taluk. The program was launched by dismantling the Parthenium weed in the premises of the Govt. Primary School at the Sollepura Rehabilitation Center and the village farmer's Farm. Over 35 farmers participated in the program.</p>	
43	31 st August 2021	<p>Awareness programme on millets Under the National Food Security Campaign an awareness programme on millets has been conducted in collaboration with Agriculture Department, Nanjangud. The event was held on 31 August 2021 at ICAR JSS Krishi Vigyan Kendra, Suttur. Dr. M. Mahantheshappa, Joint Director of Agriculture, Mysore district inaugurated the program. Millets helps in control of diabetes and high blood pressure. He said that there are many projects in millets and value addition. Farmers make use of the same. Mrs. HemavathiSivakumaraswamy, Chairperson of Suttur Gram Panchayat, Mrs. MahadevammaRangaswamy, Chairperson of Biligere Grama Panchayat were in the programme. More than 80 people, including JSS BEd College students, farmer / farmer women, and staff of the KVK participated in the programme.</p>	

9. Vermicomposting Training & Sustainable farming

Vermicomposting is a simple biotechnological process of composting, in which certain species of earthworms are used to enhance the process of waste conversion and produce a better end product. Vermiculture means “worm-farming”. Earthworms feed on the organic waste materials and give out excreta in the form of “vermicasts” that are rich in nitrates and minerals such as phosphorus, magnesium, calcium and potassium. These are used as fertilizers and enhance soil quality. Organic solid waste management by employing earthworms has multifarious role to play in a developing country like India. Firstly, it makes way for utilization of available organic wastes to produce the rich source of organic manure of high quality, which is superior to other types of organic manures in its physico-chemical and biological properties. Secondly, the manure is produced in a shorter duration of time of six weeks and is a fully matured, homogenous matter. Finally, it is the best way of guarding the environment. Vermi-compost (compost produced by the activity of selected species of earthworms) has been adjudged as the best source of organic amendments to soil. Using vermicompost can fulfill the requirements for organically grown products.

Good quality compost production in ambient temperature can be accomplished in shorter time by the process of vermicomposting that involves use of proper species of earthworms. The native cellulase activity of earthworms and microorganisms in earthworm gut promote faster decomposition of ingested organic material. The combined effect of enzymatic activity and grinding of organic materials to fineness by earthworms produces the vermicomposting and this is not observed in compost pits without earthworm.

The earthworms being voracious eaters consume the biodegradable matter and give out a part of the matter as excreta or vermi-castings. The vermi-casting containing nutrients is a rich manure for the plants. Vermicompost, apart from supplying nutrients and growth enhancing hormones to plants, improves the soil structure leading to increase in water and nutrient holding capacities of soil. Fruits, flowers and vegetables and other plant products grown using vermicompost are reported to have better keeping quality. A growing number of individuals and institutions are taking interest in the production of vermicompost utilising earthworm activity.

Aim: To prepare vermicompost using earthworms and biodegradable wastes other wastes from paddy field and to train the local people and farmers.

Proceedings:In the guidance of **Dr. Ramith Ramu**, a team started the project Vermicomposting in JSS AHER campus (December 2019- March 2020). The prior knowledge and the assistance for the vermicomposting were received by the direction of scientists from the ICAR JSS KVK, Mysore.

Materials: Water, Cow dung, Roof, Soil or Sand, Gunny bags, Earthworms, Weed biomass, a cemented tank, Dry straw and leaves collected from paddy fields, Biodegradable wastes collected from fields and kitchen.

Procedure:

- The process of composting crop residues / agri wastes using earthworms comprise spreading the agricultural wastes and cow dung in gradually built up shallow layers. The pits are kept shallow to avoid heat built-up that could kill earthworms.
- The pit is located in the **JSS AHER campus**. Collect the biomass and was placed under the sun for about 8-12 days. It was chop it to the required size using the cutter.
- The waste which was collected and chopped to be added to pits, about 50- 60% of cows dung, excrete of birds or goats and fill the slurry.
- To the first layer, of about 2 – 3 inch leaves and slurry was added to form a bed at the bottom of the tank as shown in the below figure.



- Later to the fine bedding by adding partially decomposed cow dung, dried leaves and other biodegradable wastes collected from fields and kitchen was added.
- The chopped bio-waste and partially decomposed cow dung layer-wise was added into the tank up to a depth of 0.5-1.0 ft as shown in the below figure.



- After 10 days maintaining the moisture level of the bed, for each pit 1000-1500 earthworms (1kg) was added as shown in the below figure.



- The pit moisture level to be maintained to 55- 60 % moisture and 20-30°C temperature level by adding water and cow dung slurry.
- After about 80 to 90 days the vermicompost was collected from the pit, the compost is sieved and filled in the gunny bag as shown in the below figure.



- The bigger worm the sieved and separated and transferred to new pit, wherein smaller earth worms left the old pit as shown in the below figure.



- The bottom most layers after 6 months is of no use to the worms, thus then later the worms were separated and left over compost can be used. The empty pits can refill with the worms and the wastes.

Importance of vermicompost

Vermicompost can be used for all crops: agricultural, horticultural, ornamental and vegetables at any stage of the crop. For general field crops: Around 2–3 t ha⁻¹ vermicompost is used by mixing with seed at the time of sowing or by row application when the seedlings are 12–15 cm in height. Normal irrigation is followed. For fruit trees: The amount of vermicompost ranges from 5 to 10 kg per tree depending on the age of the plant. For efficient application, a layer (15–18 cm deep) is made around the plant. For vegetables: For raising seedlings to be transplanted, vermicompost at 1 t ha⁻¹ is applied in the nursery bed. This results in healthy and vigorous seedlings. But for transplants, vermicompost at the rate of 400–500 g per plant is applied initially at the time of planting and 45 days after planting (before irrigation). For flowers: Vermicompost is applied at 750–1000 kg ha⁻¹. For vegetable and flower crops vermicompost is applied around the base of the plant. It is then covered with soil and watered regularly.

Earthworms consume various organic wastes and reduce the volume by 40–60%. Each earthworm weighs about 0.5 to 0.6 g, eats waste equivalent to its body weight and produces cast equivalent to about 50% of the waste it consumes in a day. These worm castings have been analyzed for chemical and biological properties. The moisture content of castings ranges between 32 and 66% and the pH is around 7.0. The worm castings contain higher percentage (nearly twofold) of both macro and micronutrients.

Nutrient composition of vermicompost and garden compost.

Nutrient element	Vermicompost (%)
Organic carbon	9.8–13.4
Nitrogen	0.51–1.61
Phosphorus	0.19–1.02
Potassium	0.15–0.73
Calcium	1.18–7.61
Magnesium	0.093–0.568
Sodium	0.058–0.158
Zinc	0.0042–0.110
Copper	0.0026–0.0048
Iron	0.2050–1.3313
Manganese	0.0105–0.2038

The production of degradable organic waste and its safe disposal becomes the current global problem. Meanwhile the rejuvenation of degraded soils by protecting topsoil and sustainability of productive soils is a major concern at the international level. Provision of a sustainable environment in the soil by amending with good quality organic soil additives enhances the water holding capacity and nutrient supplying capacity of soil and also the development of resistance in plants to pests and diseases. By reducing the time of humification process and by evolving the methods to minimize the loss of nutrients during the course of decomposition, the fantasy becomes fact. Earthworms can serve as tools to facilitate these functions. They serve as “nature’s plowman” and form nature’s gift to produce good humus, which is the most precious material to fulfill the nutritional needs of crops. The utilization of vermicompost results in several benefits to farmers, industries, environment and overall national economy.

To farmers:

- Less reliance on purchased inputs of nutrients leading to lower cost of production
- Increased soil productivity through improved soil quality
- Better quantity and quality of crops
- For landless people provides additional source of income generation

To industries:

- Cost-effective pollution abatement technology

To environment:

- Wastes create no pollution, as they become valuable raw materials for enhancing soil fertility

To national economy:

- Boost to rural economy
- Savings in purchased inputs
- Less wasteland formation

10.Seminars, workshops, training program conducted by JSSAHER in support of SDG2

The Department of Nutrition & Dietetics, FLS, JSS - AHER organized one day **NUTRI-EXPO 2020** on the theme “**Food Safety & Food Adulteration** ” on 3rd March, 2020 in collaboration with Department of Nutrition & Dietetics, JSS Medical College, Defence Food Research Laboratory, Ministry of Health, Govt. of India and CSIR-Central Food Research Technological Institute, Mysore.

The event 'NUTRI EXPO' aims to enhance the nutritional and health awareness among students, health care professionals and public. Expo stalls will include display and demonstration of commonly used food adulterants and their detection techniques. Creating awareness on adverse effects of food adulterants, unhygienic storing and consumptions conditions, educational materials, nutrition supplements, food formulations/products developed by host institutions and participating institutes/companies.

Pre-Expo Events

As prelude to ‘**Nutri-Expo 2020**’, various competitions were held for UG and PG students

- a. Salad making summer Fruggies
- b. Collage Making -food qualti over quantuty
- c. Essay writing -food secure future you role and responsibility
- d. Pick and speak-
- e. Scientific writing for Common man
- f. Crossword – Nutrition &

More than 100 students participated in the competitions from different colleges across Mysore such as host Department Nutrition & Dietetics -FLS, JSS AHER; Department Water & Health - FLS, JSS AHER. Mahajana Pooja Bhagavath Memorial PG Centre Dept. Food Science & Nutrition. The competitions were evaluated by subject experts and winners were presented with momentous and certificates at the Inauguration of Nutri-Expo 2020.

**Orientation Programme was conducted for inhouse Mess staff and supportive staff on
“Food Safety & Hygienic Practices”**

**By the Department of Nutrition & Dietetics, JSS AHER Mysuru on 20th August, 2020,
Gallery 6, JSS Medical College, Mysuru.**

Name of the faculty	Designation	Title of the presentation
 Dr Vanitha Reddy P	Assistant Professor & Coordinator	Healthy cooking Practices and food Safety
 Dr Sudha Sairam	Assistant Professor	Disposal of waste and updating the cooking area/premises
 Dr Veen BV	Assistant Professor	Personal Hygiene

JSS Academy of Higher Education & Research
 (Deemed to be University)
 Accredited "A+" Grade by NAAC
 No.: REG/EST-1(1)/FSSAI/215/2017-18 Date: 19.08.2020

**Orientation Programme for Inhouse Mess Staff & Supportive Staff on
 "Food Safety & Hygienic Practices"**
 by the Department of Nutrition and Dietetics, JSSAHER, Mysuru
 scheduled on 20th August 2020 at Gallery - 6, 3rd Floor, JSS Medical College, Mysuru.

Timings	Batch I	Batch II
Reporting	09:40 AM	2:15 PM
Session	10:00 AM to 12:00 PM	2:30 PM to 4:30 PM
Topic of the Orientation Programme		
1. Personal Hygiene	10:00 AM to 10:40 AM	2:30 PM to 3:10 PM
2. Healthy Cooking Practice and Food Safety	10:50 AM to 11:30 AM	3:20 PM to 3:50 PM
3. Disposal of Waste and Upkeeping the Cooking Area / Premises	11:40 AM to 12:20 PM	4:00 PM to 4:40 PM

NOTE:

- Concerned Chief Warden / Warden / Supervisor are advised to be present in the Orientation Programme.
- Staff of all cadre working at Hostel (except security services) may be suitably deputed to attend the Orientation Programme in 2 batches.
- Respective wardens / Supervisors shall make necessary arrangements for deputing the staff suitably without affecting the Mess Activities.

Contact: Mrs. Shipha C. 7618701638

Shipha C.
REGISTRAR

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Details of Webinars and programs conducted by the Department of N&D ,JSSAHER

Talks/workshop were given to supervisors/Anganwadi/Asha/health workers through actual and virtual mode on various aspects of Breast feeding/lactation etc. “Celebration of Breastfeeding Week/2020” for women and child welfare department(WCD), Mysore with 952participants

Sl.No	Faculty Name	Webinar Title/ Theme	Date	Other information
1	Dr Vanitha Reddy P.	Invited Talk “Nutrition Care of patients during and after COVID-19 illness”	21st June 2021	Conducted Webinar by department Of Studies In Food Technology Davangere University, Shivagangotri, Davanagere “Nutritional aspects and molecular events during Covid-19 pandemic”.
2	Dr Vanitha Reddy P.	Immunity boosters in Lactation during Covid 19	8th August 2020	Organized by IDA to celebrate World Breast feeding week
5	Dr Sushma B.V	Immunity booster for pregnancy & lactation in the pandemic	5th August, 2020	Woman & Child Welfare Department, Mysore.
6	Dr Sushma B V	Methods of Nutritional assessment in Preschool children	16th September, 2020	Woman & Child Welfare Department, Mysore.
7	Dr Sudha Sairam	“PRE – CARE (Precaution-Regular checkup-Eat Right) for pregnancy during Covid pandemic”	3 rd August 2020	Woman & Child Welfare Department, Mysore. To educate Health care workers during Covid pandemic & to commemorate Breast Feeding Week-2020
8	Dr Sudha Sairam	“Effective management of nutritional anemia & Covid pandemic during pregnancy”	4 th August 2020	Woman & Child Welfare Department, Mysore. To educate Health care workers during Covid pandemic.
9	Dr Shweatha H	Importance of micronutrients	10.09.2020	Department Of Women And Child Welfare Department
10	Dr Veena BM	Nutritional management of malnutrition in children	04.09.2020	Department of Women and child development, Mysore
11	Dr Veena BM	Immunity booster from daily foods	10, September. 2020	Department of Women and child development, Mysore
12	Dr Sudha Sairam	“Nutritional Management of Anemia”	September 2020	Woman & Child Welfare Department, Mysore. To commemorate Poshan Abhiyan & Rashtriya Poshan Maah
13	Dr Sudha Sairam	“Nutrition Awareness and Prevention of Anemia”	13 th January 2019	Organized by IDA to commemorate Rashtriya Poshan Maah-2019 at Deepa Composite PU College, Mysore
14	Dr Sudha Sairam	“Importance of nutrition and personal hygiene for adolescent girls”	March 2019	Department of Nutrition & Dietetics-FLS, JSS AHER. St Joseph’s Higher Primary School, Bannimantap
15	Dr Sudha Sairam	Invited talk “Disposal of Waste & Upkeeping the Cooking Area / Premises”	20 th August 2020	JSS AHER, Staff Orientation program
16	Dr Sudha Sairam	Talk on Akashvani – Mysore (All India Radio)Importance of nutrition and lifestyle for wellbeing of adolescents.	19 th March 2021	Akashvani – Mysore (All India Radio)
17	Dr Sudha Sairam	Talk on Akashvani – Mysore (All India Radio)Nutritional requirements for pregnant & lactating women	19 th March 2021	Akashvani – Mysore (All India Radio)
18	Dr Shweatha	Role of nutrition in immunity	16th July 2021	SDM College Of Naturopathy And Yogic Sciences
19	Mr Vinay A	Special Lecture: “An Insight into the novel Untouchable”	03 November 2020	Organized by: Shri Dharmasthala Manjunatheshwara Mahila Maha Vidyalaya, Mysore

Events conducted by Department of Nutrition & Dietetics during January 2020- August 2021

Dietetics Day Celebration, JSS Hospital, Mysuru, nutrition awareness program for the public and patients visiting JSS hospital, 10th February 2020. Open to public.



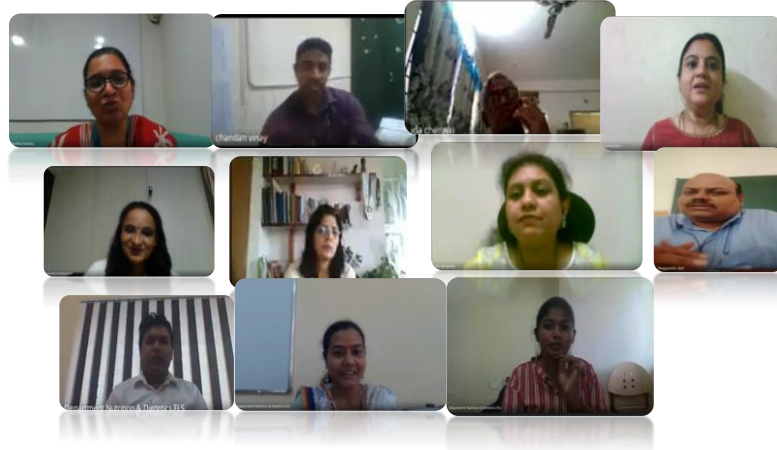
Indo – Iran workshop: Recent trends and tools in Dietetics, January 22nd , 2020 , Number of Participants: 50



On the Occasion of 105th Jayanthi Celebrations and To mark The National Nutrition Month , webinar on Poshan Maah, 5th September, 2020

The Department of N&D also provides training programme for Anganwadi workers who is a community based front line worker who plays a crucial role in promoting children growth and development and working extensively to support the community based activities.

Online hospital internship was conducted for the MSc 2nd sem. Students of department of Nutrition & Dietetics, JSS AHER, by the well experienced working dietitians, by the well experienced working dietitians. From 15th septemebr to 3rd October, 2020.



Working Model Making Competition to Commemorate the National Science Day, 27th Feb 2021

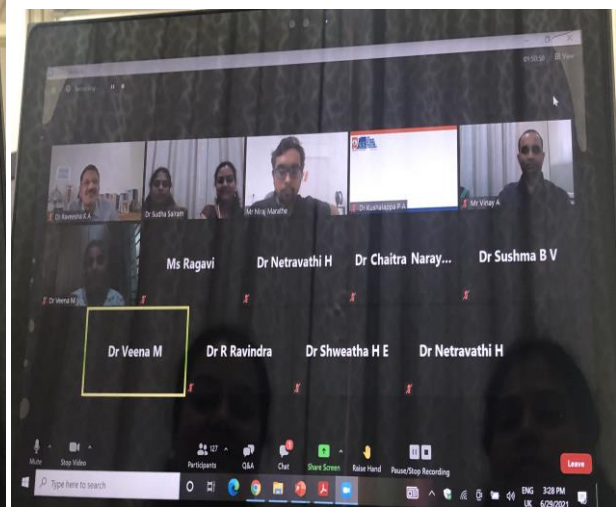
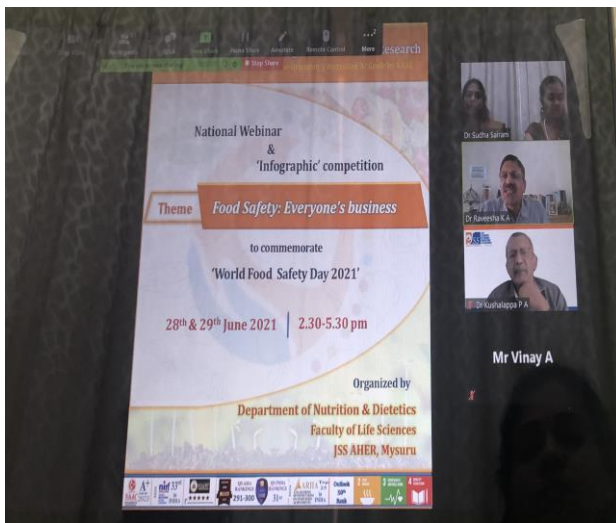
Working model making competition, conducted by Faculty of Life Sciences, JSS AHER to commemorate the National Science day 28th Feb. This Model making competition was initiated in the year 2020 to celebrate the same occasion & compared to previous, we have very good response from students not only but also participation and this year the competition was held on 1st March. 2021 at the Dept. of Nutrition & Dietetics JSS AHER, MG road. The theme of the working model making competition was “Future of Science, Technology & Innovation Impacts on Education, Skills & Work” The competition was conducted for both UG and PG programs. The total no. of participated were 24, teams The models were evaluated for novelty, innovation, utilization of technology, robustness of working model and commercializability. The Judges were Professor Pardhasarthi Kulkarni, Vice principal of JSS college of Pharmacy, JSS AHER, Mysore and Dr Prasanth K, Asst. Dir. Academics, JS AHER, Mysore. The whole event was organized under the guidance of Prof. Raveesha, HOD, FLS, JSS AHER, Mysore.





National webinar on “Food Safety :everyone’s business”, to commemorate WorldFood Safety Day-2021By the Department of Nutrition & Dietetics, JSS AHER Mysuru on 28th and 29th June, 2021.

Infographic competition was conducted for the UG and PG students on the theme **Food Safety :everyone’s business-Feom farm to fork and Safe and nutritious food -key to good health.**



11. Publications related to SDG 2

1. Dr Raghavendra Shanbhog., Dr Chanchala H.P., Madhushree B., Dr Srilatha K.T., Manjunatha S N, Diet-cariogenicity and Health-fullness Index (DCHI) - a Novel, Comprehensive Index for Children; Rational and Development, Aug.2020, Research Square, P-1-21, (INTERNATIONAL).
2. Dr Mahesh P.A., Vitamin D deficiency is associated with chronic obstructive pulmonary disease and exacerbation of COPD, Dec.2020, Clinical Respiratory Journal, ISSN-1752-6981 (INTERNATIONAL).
3. Akash Grampurohit, Dr Sandeep S, Dr Shilpa C, Dr Thanzeemunisa, Dr Ashok P, Study of Association of Sensory Neural Hearing Loss with Iron Deficiency Anaemia, 2021, Indian Journal of Otolaryngology and Head and Neck Surgery, P-1-6, ISSN: 0019-5421 (NATIONAL)
4. Purnima Madhivanan, Murali Krishna, Dr Chaya S K, Dr Jayaraj B S, Dr Mahesh P A, Attahalli Shivanarayanprasad Praveena, Lokesh K S, Vitamin D deficiency is associated with chronic obstructive pulmonary disease and exacerbation of COPD, 2021, Clinical Respiratory Journal, ISSN: 1752-6981 (INTERNATIONAL).
5. Amoghashree., M R Narayana Murthy, Impact of malnutrition on scholastic performance among school children in Mysuru, 2021, Clinical Epidemiology and Global Health, Vol.11, Issue.100780 ISSN: 2213-3984 (INTERNATIONAL)
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12. Food & Supplies Policy of JSSAHER



Food & Supplies Policy JSS Academy OF Higher Education & Research

Preamble:

JSS Academy of Higher Education & Research (JSSAHER) is committed to "JSSAHER Social Responsibility Statement " in providing sustainable, eco friendly campus. The "Food & Supplies Policy" is related to procurement, storage, and maintenance of food at JSSAHER and its constituent colleges and departments. This policy is a part of "Smart Campus Policy" of JSSAHER. All stakeholders shall assist JSSAHER in meeting the sustainable food & supply policy.

JSSAHER and its constituent colleges and departments are responsible in working with suppliers, contractors, and partners to minimize environmental effects related to food services and supports local suppliers, ensuring that all procurements represent value for money. This policy is focused on but not limited to provision and procurement of food at JSSAHER, it applies to all aspects of sustainable food, including procurement, provision preparation, waste management, education, awareness, and services related to food and consumables.

Objective:

JSSAHER ensures that:

- Procurement, storage, and maintenance of food is reliable, safe and represent value for money.
- Environmental and social responsibility is factored into all tenders and contracts.
- Suppliers are committed to sustainable use of transport, packaging, storing etc.
- Communication on progress made during the contract period.
- Recycling and reuse where applicable
- Usage of biodegradable packaging whenever possible.
- Effective waste reduction and minimizing wastage while procurement, storage, maintenance and deliver.
- Serving sustainable food and to reduce plate waste.

Approval & Implementation of the Policy:

This policy shall be approved by Board of Management and shall be reviewed annually by Registrar & Deputy Registrar to ensure that continued progress is being made. The Campus maintenance committee shall advise on the sustainability agenda affecting food procurement and provision.

Roles and responsibilities:

- JSSAHER and its constituent colleges and departments shall procure food in a sustainable manner in accordance with the "JSSAHER Social Responsibility Statement, Smart Campus Policy", which are available from the JSSAHE's website <https://jssuni.edu.in>.
- Registrar and Deputy Registrar shall have overall responsibility for the implementation and delivery of the policy within the University's catering department. However, constituent colleges and departments shall have responsibility for managing aspects relevant to food service.
- Responsibility for application of the principles and practical delivery of this policy within the college in general lies with the Principal, Administrative Officers & Warden.
- Responsibility for application of the principles and practical delivery of this policy within catering services lies with the catering managers.
- JSSAHER shall promote sustainable food to customers to increase awareness and sales through meetings and workshops.
- Any changes to sustainable food practices will be communicated on an annual basis as a summary report.
- The summary report will be produced by the Campus Maintenance Committee following an annual review by the Registrar and Deputy Registrar.
- Promote and supply seasonal fruit and vegetables.
- Engage suppliers to measure the amount of local and seasonal fruit and vegetables and use to help with procurement decisions.
- Increase the procurement and consumption of organic food, focusing on the health, well-being, and environmental benefits.
- Move all disposable products to biodegradable alternatives where possible and reduce the number of disposables used.
- Ensuring tap water and drinking water is available at every catering outlet and colleges
- Use of eco friendly and effective cleaning materials.
- Send zero food waste to landfill directly and recycle all waste.
- Encouraging sustainable food: Contribute to thriving local economies and sustainable livelihoods. Protect the diversity of both plants and animals and the welfare of farmed and avoid damaging natural resources.
- Support a culture of healthy eating.
- Sustainable procurement which is partly about buying and sourcing green products

- but and ensuring energy and resource efficiency as well as long term cost effectiveness. Saving costs measured across the whole lifecycle of a product
- Fair-trade on better prices, decent working conditions and local sustainability.
 - Decisions on procurement and accreditation shall be made based on a rational assessment of value, ethics and market trends.

The Policy Supports:

- The Swachh Bharat Mission (Urban) guidelines, Government of India.
- National conservation strategy and policy statement on environment and development, Government of India.
- National Cyber Security Policy, Ministry of Communication and Information Technology, Government of India.

Supporting Documents:

1. Food Safety and Standards Authority of India –License Number: 11218335000095
 2. Food Safety and Standards Authority of India –License Number: 11218335000105
 3. Food Safety and Standards Authority of India –License Number: 11218335000107
 4. Food Safety and Standards Authority of India –License Number: 11218335000108
 5. Food Safety and Standards Authority of India –License Number: 11218335000109
 6. Agreements with vendors and suppliers.
- All the documents related to agreements made with suppliers & vendors and license from food and safety standards authority of India shall be maintained in the office of Registrar and Deputy Registrar , JSS Academy of Higher Education & Research, Mysuru.
 - Questions related to the daily operational interpretation of this policy shall be directed to Registrar and Deputy Registrar, JSS Academy of Higher Education & Research, Mysuru.
 - The Vice Chancellor, Registrar and Deputy Registrar of JSSAHER shall be the officials responsible for the interpretation and administration of this policy.

The policy Effective Date

The Food & Supply Policy of JSS Academy of Higher Education & Research, Mysuru shall be effective from 1st May 2019. The revision of policy shall take place once in two years and (or) as per the suggestions made by campus maintenance committee on the sustainability agenda affecting food procurement and provision.

The policy was revised and approved by Board of Management of JSS Academy of Higher Education & Research, Mysuru on 15.06.2020.

12. JSSAHER provides nutritious food to staff & students in a safe and secured manner.

JSSAHER is having an exclusive kitchen and mess blocks for students wherein, dedicated staff are provided for cooking and providing food in time as per the food menu.

Students are encouraged not to waste food and the extra / excess food left out at hostels / food courts are served to the needy people outside the campus or will be given to piggeries. All kitchen, mess and hostels staff are provided food for free of cost. JSSAHER Food Court Services are provided at a discount / concessional rate to the staff though most of the staff working at JSSAHER reside in the considerable distance, all of them carry food along with them.

The Department of Nutrition and Dietetics of JSSAHER takes care of the Food Hygiene and Good Food Practices carried out at JSSAHER Hostels and its Food Court in the campus by having regular checks and by orienting the staff who work at kitchen and dining. The Department of N & D is having International standard food lab and it analyses the nutrient values of various food varieties and moderates depending upon the requirement with a check on the health status of all inmates and guide them for maintenance of fitness and to orient them to have balance diet. The Department advises and orient the students about the Do's and Don'ts to be followed, by organizing workshops / programmes and the public's during out camps.

The JSSAHER provide the Vegetarian and Hygienic food and ensures good food practices and carries FSSAI registration licence under FSSAI Act 2006 rules and regulations.

During the Induction /Orientation program, the students are made aware of all the facilities available in the campus, along with the hostel and food court.

Students of Medical, Dental, Pharmacy and Life Sciences college maintain their independent hostel facilities, where the students are provided decent accommodation and hygienic mess facilities to its inmates. Students are given the opportunity for deciding the menu of the hostel.

Students are served with hot, tasty, hygiene and nutritious food. In a day 3 meals (*breakfast, lunch, & dinner*), 2 – 3 times beverages, one evening snack is served. The options given in the menu include Indian cuisine and all food groups. For the day scholars (who are not residing in hostel) Food Court and kiosk facility are available in Main campus for Medical, Dental, and Life Sciences. Two more Food court at Pharmacy College Campus at Mysuru and Ooty respectively. And in the Main Hospital Big Canteen facility and multiple kiosk are provided.

The Food court is open in all constituent colleges. Depending upon the requirement services are being extended. In food court, all varieties of vegetarian foods including all food groups are served during college working hours and especially in breakfast, lunch, and evening snack time the food court is crowded. The food provided at food courts, kiosk and mess are cost effective and at affordable charges for the students. The Food court also serves as food bank.

Regularly orientations are being given to the Mess Supervisors, Cooking Staff and Additional Staff (*predominately hands on training*) on keeping up good mess service.

Government of India / ಭಾರತ ಸರ್ಕಾರ

Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ

Form 'C' / ನಮೂನೆ

License / ಪರವಾನಗಿ

(See Regulation 2.1.4 (6)) / (ನಿಯಂತ್ರಣ 2.1.4 (6) ನೋಡಿ)



Government of Karnataka / ಕರ್ನಾಟಕ ಸರ್ಕಾರ

License under FSS Act, 2006 / ಎಫ್.ಎಸ್.ಎಸ್. ಕಾಯ್ದೆ, ೨೦೦೬ ರಡಿಯಲ್ಲಿಪರವಾನಗಿ

License Number / ಪರವಾನಗಿ ಸಂಖ್ಯೆ : 11219335000512

1. Name & Registered Office Address of Licensee
ಹೆಸರು ಮತ್ತು ನೋಂದಾಯಿತ ಕಛೇರಿಯ ವಿಳಾಸ

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH H
JSS Academy of Higher Education & Research, PG Hostel
for Men and Women, JSS Hospital Campus, M G Road,
Agrahara, Mysuru - 04, Mysore City (Karnataka) -
570004

2. Address of Authorized Premises
ಅಧಿಕೃತ ವ್ಯಾಪಾರದ ವಿಳಾಸ

JSS Academy of Higher Education & Research, PG Hostel
for Men and Women, JSS Hospital Campus, M G Road,
Agrahara, Mysuru - 04, Mysore Mahanagar Palike II
Circle , Mysore City(Karnataka) -570004

3. Kind of Business / ವ್ಯಾಪಾರದ ವಿಧ

Manufacturer, Club/Canteen

4. For dairy business details of location with address and
capacity of Milk Chilling Centers (MCC)/Bulk Milk
Cooling Centers (BMCs)/Milk Processing Unit/Milk
Packaging Unit owned by the holder of licensee/RC /
ಡೈರಿ ವ್ಯಾಪಾರದ ಸ್ಥಳದ ವಿಳಾಸ/ಹಾಲು ಶಿಥಿಲೀಕರಣದ ಸಾಮರ್ಥ್ಯ / ದೊಡ್ಡ
ಪ್ರಮಾಣದ ಹಾಲು ಶಿಥಿಲೀಕರಣ ಕೇಂದ್ರ , ಹಾಲು ಸಂಸ್ಕರಣಘಟಕ/
ಪರವಾನಗಿದಾರರ ಒಡೆತನದಲ್ಲಿರುವ ಹಾಲು ಪ್ಯಾಕಿಂಗ್ ಘಟಕ/ಆರ್.ಸಿ.

No

5. Category of License / ಪರವಾನಗಿಯ ವಿಧ :

State

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee. / ಈ ಪರವಾನಗಿಯು ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆಯ ನಿಬಂಧನೆಗಳಿಗೆ ಒಳಪಟ್ಟು ನೀಡಲಾಗಿದೆ ಹಾಗೂ ಆಹಾರ ಪರವಾನಗಿದಾರರು ಈ ಎಲ್ಲಾ ನಿಬಂಧನೆಗಳನ್ನು ಅನುಸರಿಸತಕ್ಕದ್ದು.

Place / ಸ್ಥಳ : Mysore City

Date / ದಿನಾಂಕ : 25/09/2019

Stamp and Signature of the Designated Officer

ಅಂತಿಮ ಅಧಿಕಾರಿಗಳ ನಾಮ ಮತ್ತು ಮೊಹರು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ

ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೈಸೂರು-10

Validation And Renewal

ಉಚಿತ ಮತ್ತು ನವೀಕರಣ

Renewal Date ನವೀಕರಣ ದಿನಾಂಕ	Period of validity ಅಂಗೀಕಾರಾರ್ಹತೆಯ ಅವಧಿಯನ್ನು	License Fee Paid ಪರವಾನಗಿ ಶುಲ್ಕಗಳನ್ನು ಪಾವತಿ	Items of Food products authorized to Manufacture/ Re-pack/ Re-label ಆಹಾರ ಉತ್ಪನ್ನಗಳ ಐಟಂಗಳನ್ನು / ಮತ್ತೆ ಮೂಟೆಕಟ್ಟು / ಪುನಃ ಹೆಸರು ಪಟ್ಟಿ ಅಂಚಿಸು ತಯಾರಿಕೆ ಅಧಿಕಾರ.	Signature Of Designated Officer ಗೊತ್ತುಪಡಿಸಿದ ಅಧಿಕಾರಿಯ ಸಹಿ
25/09/2019	24/09/2022	Rs.9000	Please refer to annexure for details.	

*The Application for renewal of license shall be submitted 30 days prior to the expiry date mentioned above after which Rs.

100 per day will be charged up to the date of expiry.

Disclaimer-This License is only to commence or carry on food businesses and not for any other purpose.

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ

ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೈಸೂರು-10

Government of India / ಭಾರತ ಸರ್ಕಾರ
 Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ
 Form 'C' / ನಮೂನೆ
License / ಪರವಾನಗಿ
 (See Regulation 2.1.4 (6)) / (ನಿಯಂತ್ರಣ 2.1.4 (6) ನೋಡಿ)



Government of Karnataka / ಕರ್ನಾಟಕ ಸರ್ಕಾರ
 License under FSS Act, 2006 / ಎಫ್.ಎಸ್.ಎಸ್. ಕಾಯ್ದೆ, ೨೦೦೬ ರಡಿಯಲ್ಲಿಪರವಾನಗಿ

License Number / ಪರವಾನಗಿ ಸಂಖ್ಯೆ : **11219335000512**

Items of Food products with capacities Installed authorized to Manufacture/ Re-pack/Re-label

Other food processing units

Sl.No.	Product Description	Quantity (MT/Day)	Kind of Business
1	Vegetarian Food Only 16	0.1	Manufacturer

Kind of Business : Food Business Operator

Club/Canteen

Sl.No	Food Product Category
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ಹೆಸರು ಮತ್ತು ಮೊಹರು

ಅಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ

ಪ್ರಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೆ.ಸೂರು-10

Government of India / ಭಾರತ ಸರ್ಕಾರ

Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ

Form 'C' / ನಮೂನೆ

License / ಪರವಾನಗಿ

(See Regulation 2.1.4 (6)) / (ನಿಯಂತ್ರಣ 2.1.4 (6) ನೋಡಿ)



Government of Karnataka / ಕರ್ನಾಟಕ ಸರ್ಕಾರ

License under FSS Act, 2006 / ಎಫ್.ಎಸ್.ಎಸ್. ಕಾಯ್ದೆ, ೨೦೦೬ ರಡಿಯಲ್ಲಿಪರವಾನಗಿ

License Number / ಪರವಾನಗಿ ಸಂಖ್ಯೆ : 11219335000513

1. Name & Registered Office Address of Licensee
ಹೆಸರು ಮತ್ತು ನೋಂದಾಯಿತ ಕಛೇರಿಯ ವಿಳಾಸ

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS Academy of Higher Education & Research, Hostel of
Men and Women, JSS College of Pharmacy Campus, Sri
Shivarathreeshwara Nagara, Mysuru, Mysore City
(Karnataka) - 570015

2. Address of Authorized Premises
ಅಧಿಕೃತ ವ್ಯಾಪಾರದ ವಿಳಾಸ

JSS Academy of Higher Education & Research, Hostel of
Men and Women, JSS College of Pharmacy Campus, Sri
Shivarathreeshwara Nagara, Mysuru, Mysore Mahanagar
Palike II Circle , Mysore City(Karnataka) -570015

3. Kind of Business / ವ್ಯಾಪಾರದ ವಿಧ

Manufacturer, Club/Canteen

4. For dairy business details of location with address and
capacity of Milk Chilling Centers (MCC)/Bulk Milk
Cooling Centers (BMCs)/Milk Processing Unit/Milk
Packaging Unit owned by the holder of licensee/RC /
ಡೈರಿ ವ್ಯಾಪಾರದ ಸ್ಥಳದ ವಿಳಾಸ/ಹಾಲು ಶಿಥಿಲೀಕರಣದ ಸಾಮರ್ಥ್ಯ /ದೊಡ್ಡ
ಪ್ರಮಾಣದ ಹಾಲು ಶಿಥಿಲೀಕರಣ ಕೇಂದ್ರ , ಹಾಲು ಸಂಸ್ಕರಣಘಟಕ/
ಪರವಾನಗಿದಾರರ ಒಡೆತನದಲ್ಲಿರುವ ಹಾಲು ಪ್ಯಾಕಿಂಗ್ ಘಟಕ/ಆರ್.ಸಿ.

No

5. Category of License / ಪರವಾನಗಿಯ ವಿಧ :

State

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by
the licensee. / ಈ ಪರವಾನಗಿಯು ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆಯ ನಿಬಂಧನೆಗಳಿಗೆ ಒಳಪಟ್ಟು ನೀಡಲಾಗಿದೆ ಹಾಗೂ ಆಹಾರ ಪರವಾನಗಿದಾರರು ಈ
ಎಲ್ಲಾ ನಿಬಂಧನೆಗಳನ್ನು ಅನುಸರಿಸತಕ್ಕದ್ದು.

Place / ಸ್ಥಳ : Mysore City

Date / ದಿನಾಂಕ : 25/09/2019

Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ದಳವಿಡುವ ಮೊಹರು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ

ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೈಸೂರು-10

Validation And Renewal

ಉರ್ಜಿತ ಮತ್ತು ನವೀಕರಣ

Renewal Date ನವೀಕರಣ ದಿನಾಂಕ	Period of validity ಅಂಗೀಕಾರಾರ್ಹತೆಯು ಅವಧಿಯನ್ನು	License Fee Paid ಪರವಾನಗಿ ಶುಲ್ಕಗಳನ್ನು ಪಾವತಿ	Items of Food products authorized to Manufacture/ Re-pack/ Re-label ಆಹಾರ ಉತ್ಪನ್ನಗಳ ಐಟಂಗಳನ್ನು / ಮತ್ತೆ ಮೂಟೆಕಟ್ಟು / ಪುನಃ ಹೆಸರು ಪಟ್ಟಿ ಅಂಟಿಸು ತಯಾರಿಕೆ ಅಧಿಕಾರ.	Signature Of Designated Officer ಗೊತ್ತುಪಡಿಸಿದ ಅಧಿಕಾರಿಯ ಸಹಿ
25/09/2019	24/09/2022	Rs.9000	Please refer to annexure for details.	

*The Application for renewal of license shall be submitted 30 days prior to the expiry date mentioned
above after which Rs.

100 per day will be charged up to the date of expiry.

Disclaimer-This License is only to commence or carry on food businesses and not for any other purpose.

ಮೈಸೂರು-10

Government of India / ಭಾರತ ಸರ್ಕಾರ
 Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ
 Form 'C' / ನಮೂನೆ
License / ಪರವಾನಗಿ
 (See Regulation 2.1.4 (6)) / (ನಿಯಂತ್ರಣ 2.1.4 (6) ನೋಡಿ)



Government of Karnataka / ಕರ್ನಾಟಕ ಸರ್ಕಾರ
 License under FSS Act, 2006 / ಎಫ್.ಎಸ್.ಎಸ್. ಕಾಯ್ದೆ, ೨೦೦೬ ರಡಿಯಲ್ಲಿಪರವಾನಗಿ

License Number / ಪರವಾನಗಿ ಸಂಖ್ಯೆ : **11219335000513**

Items of Food products with capacities Installed authorized to Manufacture/ Re-pack/Re-label

Other food processing units

SI.No.	Product Description	Quantity (MT/Day)	Kind of Business
1	Vegetarian Food Only 16	0.1	Manufacturer

Kind of Business : Food Business Operator

Club/Canteen

SI.No	Food Product Category
1	16 - Prepared Foods


 Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ಸಹಿ ಮತ್ತು ಮೊಹರು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ, ಕಾಯ್ದೆ

ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೆ.ಸೂರು-10

Government of India / ಭಾರತ ಸರ್ಕಾರ
 Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ
 Form 'C' / ನಮೂನೆ
License / ಪರವಾನಗಿ
 (See Regulation 2.1.4 (6)) / (ನಿಯಂತ್ರಣ 2.1.4 (6) ನೋಡಿ)




Government of Karnataka / ಕರ್ನಾಟಕ ಸರ್ಕಾರ
 License under FSS Act, 2006 / ಎಫ್.ಎಸ್.ಎಸ್. ಕಾಯ್ದೆ, ೨೦೦೬ ರಡಿಯಲ್ಲಿಪರವಾನಗಿ

License Number / ಪರವಾನಗಿ ಸಂಖ್ಯೆ : 11219335000510


- | | |
|---|---|
| 1. Name & Registered Office Address of Licensee
ಹೆಸರು ಮತ್ತು ನೋಂದಾಯಿತಕಛೇರಿಯ ವಿಳಾಸ | JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
JSS AHER HOSTELS, JSS Medical Institutions
Campus, S.S. Nagar, Mysore. , Mysore City (Karnataka) -
570015 |
| 2. Address of Authorized Premises
ಅಧಿಕೃತ ವ್ಯಾಪಾರದ ವಿಳಾಸ | JSS AHER HOSTELS, JSS Medical Institutions
Campus, S.S. Nagar, Mysore. , Mysore Mahanagar Palike II
Circle , Mysore City (Karnataka) -570015 |
| 3. Kind of Business / ವ್ಯಾಪಾರದ ವಿಧ | Manufacturer, Club/Canteen |
| 4. For dairy business details of location with address and capacity of Milk Chilling Centers (MCC)/Bulk Milk Cooling Centers (BMCs)/Milk Processing Unit/Milk Packaging Unit owned by the holder of licensee/RC / ಡೈರಿ ವ್ಯಾಪಾರದ ಸ್ಥಳದ ವಿಳಾಸ/ಹಾಲು ಶಿಥಲೀಕರಣದ ಸಾಮಗ್ರಿ / ದೊಡ್ಡ ಪ್ರಮಾಣದ ಹಾಲು ಶಿಥಲೀಕರಣ ಕೇಂದ್ರ , ಹಾಲು ಸಂಸ್ಕರಣಘಟಕ/ ಪರವಾನಗಿದಾರರ ಒಡೆತನದಲ್ಲಿರುವ ಹಾಲು ಪ್ಯಾಕಿಂಗ್ ಘಟಕ/ಆರ್.ಸಿ. | No |
| 5. Category of License / ಪರವಾನಗಿಯ ವಿಧ : | State |

This license is granted under and is subject to the provisions of FSS Act, 2006 all of which must be complied with by the licensee. / ಈ ಪರವಾನಗಿಯು ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆಯ ನಿಯಂತ್ರಣಗಳಿಗೆ ಒಳಪಟ್ಟು ನೀಡಲಾಗಿದೆ ಹಾಗೂ ಆಹಾರ ಪರವಾನಗಿದಾರರು ಈ ಎಲ್ಲಾ ನಿಯಂತ್ರಣಗಳನ್ನು ಅನುಸರಿಸತಕ್ಕದ್ದು.

Place / ಸ್ಥಳ : Mysore City
Date / ದಿನಾಂಕ : 25/09/2019


 Stamp and Signature of the Designated Officer
 ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ಸಹಿ ಮತ್ತು ಮುದ್ರೆ
 ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
 ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ
 ಮೈ.ಸೂ.ನು-10

Validation And Renewal
 ಉಚಿತ ಮತ್ತು ನವೀಕರಣ

Renewal Date ನವೀಕರಣ ದಿನಾಂಕ	Period of validity ಅಂಗೀಕಾರಾರ್ಹತೆಯ ಅವಧಿಯನ್ನು	License Fee Paid ಪರವಾನಗಿ ಶುಲ್ಕಗಳನ್ನು ಪಾವತಿ	Items of Food products authorized to Manufacture/ Re-pack/ Re-label ಆಹಾರ ಉತ್ಪನ್ನಗಳ ಐಟಂಗಳನ್ನು / ಮತ್ತೆ ಮೂಟೆಕಟ್ಟು / ಪುನಃ ಹೆಸರು ಪಟ್ಟಿ ಅಂಟಿಸು ತಯಾರಿಕೆ ಅಧಿಕಾರ.	Signature Of Designated Officer ಗೊತ್ತುಪಡಿಸಿದ ಅಧಿಕಾರಿಯ ಸಹಿ
25/09/2019	24/09/2022	Rs.9000	Please refer to annexure for details.	

***The Application for renewal of license shall be submitted 30 days prior to the expiry date mentioned above after which Rs. 100 per day will be charged up to the date of expiry.**
Disclaimer-This License is only to commence or carry on food businesses and not for any other purpose.
 ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
 ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
 ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ
 ಮೈ.ಸೂ.ನು-10

Government of India / ಭಾರತ ಸರ್ಕಾರ
 Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಪ್ರಾಧಿಕಾರ
 Form 'C' / ನಮೂನೆ
License / ಪರವಾನಗಿ
 (See Regulation 2.1.4 (6)) / (ನಿಯಂತ್ರಣ 2.1.4 (6) ನೋಡಿ)



Government of Karnataka / ಕರ್ನಾಟಕ ಸರ್ಕಾರ
 License under FSS Act, 2006 / ಎಫ್.ಎಸ್.ಎಸ್. ಕಾಯ್ದೆ, ೨೦೦೬ ರಡಿಯಲ್ಲಿಪರವಾನಗಿ

License Number / ಪರವಾನಗಿ ಸಂಖ್ಯೆ: : **11219335000510**

Items of Food products with capacities Installed authorized to Manufacture/ Re-pack/Re-label

Other food processing units

SI.No.	Product Description	Quantity (MT/Day)	Kind of Business
1	Vegeterian Food 16	0.1	Manufacturer

Kind of Business : Food Business Operator

Club/Canteen

SI.No	Food Product Category
1	16 - Prepared Foods
2	14 - Beverages, excluding dairy products

(Signature)

Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಯ ಸಹಿ ಮತ್ತು ಮೊಹರು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ, ಕಾಂ.

ಫುಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೆ.ನಂ.ರಂ-10

JSS MEDICAL COLLEGE GIRLS HOSTEL FOR THE MONTH OF MARCH-2020
(‘D’ BLOCK MENU)

BREAKFAST menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value					
	Maggie	Sauce	Upma	Kesari Bath	Sweet Bread	Jam
Energy	437.00Kcal	112 Kcal	108.4Kcal	427.0Kcal	124Kcal	278Kcal
Protein	10.40g	1.95g	3.12g	6.0g	22.48g	0.4g
Carbohydrate	63.50g	11.27g	16.57g	85.0g	0.0g	69g
Total Fat	15.70g	2.38g	3.03g	7.0g	3.08g	0.1g
Total Dietary Fiber	3.90g	0.4mg	3.06g	1.40g	0.0g	1.1g
Total Free Sugars	3.40g	8.8g	1.07g	40.0g	0.0g	49g
Sodium	1232.20mg	481mg	4.11mg	290.0mg	381mg	32mg
Calcium	153.50mg	27mg	14.9mg	8.6mg	4mg	20.00mg
Iron	3.70mg	0.85mg	0.87mg	0.9mg	1.23mg	0.49mg

Nutrient Name	Nutritive Value		
	Coffee (100ml)	Tea (100ml)	Milk (100ml)
Energy	17 kcal	17 Kcal	62 Kcal
Protein	0.18g	0.52g	3.32g
Carbohydrate	4.04g	2.8g	4.66g
Total Fat	0.08g	0.46g	3.35g
Total Dietary Fiber	0g	0g	0g
Total Free Sugars	3.7g	2.72g	5.42g
Sodium	3mg	8mg	41mg
Calcium	6mg	18mg	117mg
Iron	0.04mg	0.01mg	0.03mg

Nutrient Name	Nutritive Value						
	Masala Dosa	Sambar	Chutney	Poori	Aloo curry	Poha	Tomato curry
Energy	239.84kcal	63.61Kcal	837.67Kcal	296kcal	96Kcal	409.0kcal	18Kcal
Protein	7.70g	3.15g	3.61g	7.54g	2.34g	7.6g	1g
Carbohydrate	49.4g	10.38g	7.01g	46.73g	17.52g	70.0g	4g
Total Fat	0.59g	0.85g	17.58g	9.43g	2.89g	10.9g	0.01g
Total Dietary Fiber	4.18g	1.96g	5.61g	4.7g	3.6g	2.5g	0.7g
Total Free Sugars	0.48g	1.76g	2.51g	0.21g	1.28g	2g	2.5g
Sodium	4.73mg	6.96mg	5.31mg	685mg	440mg	1470mg	11mg
Calcium	13.48mg	19.41mg	12.66mg	17mg	61mg	9mg	11.00mg
Iron	1.12mg	0.89mg	1.19mg	2.68mg	3.59mg	1.00mg	0.68mg

Nutrient Name	Nutritive Value							
	Rava Idli	Akki Roti	Toast bread	Butter (1tbsp)	Curd	Aloo paratha	Idli	Vada
Energy	404.0kcal	196Kcal	293Kcal	293Kcal	59.0Kcal	264kcal	133.1kcal	133.1kcal
Protein	10g	2.4g	9g	9g	3.80g	4.75g	4.07g	4.07g
Carbohydrate	73g	32g	54.4g	54.4g	4.30g	38.17g	27.69g	27.69g
Total Fat	8.0g	5.2g	4g	4g	3.0g	10.76g	0.30g	0.30g
Total Dietary Fiber	4.25g	1.0g	2.5g	2.5g	0g	3.3g	2.14g	2.14g
Total Free Sugars	5.7g	0.g	4.74g	4.74g	1.3g	4.63g	0.6g	0.6g
Sodium	860.0mg	196mg	5.92mg	5.92mg	371mg	477mg	2.38mg	2.38mg
Calcium	29.8mg	39.6mg	119mg	119mg	137mg	30mg	6.77mg	6.77mg
Iron	1mg	0.2mg	3.33mg	3.33mg	0.2mg	2.65mg	0.56mg	0.56mg

LUNCH menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value						
	Chapati	Meal maker curry	Beetroot Palya	Dal	Rice	Rasam	Buttermilk
Energy	170Kcal	337Kcal	104.71Kcal	68.00Kcal	351.91Kcal	42.56Kcal	62Kcal
Protein	5.84g	49g	2.83g	3.40g	7.81g	1.73g	3.2g
Carbohydrate	32.5g	36g	7.62g	8.12g	76.8g	5.10g	4.9g
Total Fat	1.55g	2.4g	6.80g	1.67g	0.55g	1.13g	3.3g
Total Dietary Fiber	1.2g	12g	4.90g	1.90g	3.74g	1.35g	0g
Total Free Sugars	0.65g	8g	5.04g	1.01g	0.67g	1.81g	4.9g
Sodium	138mg	3mg	68.72mg	4.77mg	3.16mg	4.35mg	105mg
Calcium	21mg	244.0mg	23.06mg	17.15mg	8.11mg	17.97mg	115.00mg
Iron	2.03mg	13.70mg	1.09mg	0.92mg	0.72mg	0.72mg	0.03mg

Nutrient Name	Nutritive Value						
	Mushroom curry	Cabbage Palya	Rajmah curry	Carrot Palya	Beans Palya	Moong Curry	Chole bature
Energy	56kcal	73.37Kcal	60.68Kcal	61Kcal	107.44Kcal	57.48Kcal	427Kcal
Protein	3.12g	1.95g	2.95g	1.1g	2.73g	3.19g	10.8g
Carbohydrate	5.1g	6.19g	6.54g	6.5g	2.89g	6.02g	50.3g
Total Fat	0.22g	3.02g	1.53g	3.9g	8.88g	1.37g	20.1g
Total Dietary Fiber	2.1g	3.29g	2.98g	1.6g	5.31g	1.76g	12g
Total Free Sugars	3.5g	1.06g	1.18g	3.1g	1.78g	0.82g	9.2g
Sodium	103.9mg	14.97mg	3.99mg	317mg	9.13mg	3.78mg	16.2mg
Calcium	3mg	51.6mg	24.84mg	33mg	50.98mg	11.53mg	118mg
Iron	0.5mg	0.73mg	1.17mg	0.30mg	1.23mg	0.72mg	2.8mg

Nutrient Name	Nutritive Value			
	Heerekayi Palya	Huruli Palya	Pulao	Raita
Energy	13.15kcal	329.90Kcal	110.53Kcal	58Kcal
Protein	0.91g	21.73g	2.7g	3g
Carbohydrate	1.40g	48.31	20.07g	5g
Total Fat	0.14g	0.62g	1.33g	7.21g
Total Dietary Fiber	1.81g	7.88g	1.99g	0.5g
Total Free Sugars	0.62g	0.35g	1.19g	5.09g
Sodium	4.71mg	12.14mg	6.34mg	372mg
Calcium	13.70mg	269.00mg	13.3mg	85.7mg
Iron	0.42mg	8.76mg	0.45mg	0.4mg

DINNER menu provided including with nutritional composition for all the seven (7) days

Food recipes per 100g of edible portions:

Nutrient Name	Nutritive Value							
	Paneer curry	Tonde Kayi Playa	Aloo fry	Ghee rice	Kurma	Gobi	Fried Rice	Rumali roti
Energy	121.49kcal	18Kcal	150Kcal	188.0Kcal	109.47Kcal	164.0Kcal	163Kcal	79Kcal
Protein	6.37g	1.57g	2g	3g	2.7g	6.1g	4.7g	2.6g
Carbohydrate	3.32g	3.55g	22g	19.99g	13.2g	31.8g	31g	14.2g
Total Fat	9.13g	0.23g	10.1g	10.65g	6g	2.7g	2.3g	1g
Total Dietary Fiber	0.89g	0.9g	1.1g	0.67g	3.9g	5.6g	1.1g	0.1g
Total Free Sugars	1.0g	0.43g	0.3g	0.9g	1g	1.4g	0.4g	0g
Sodium	2.07mg	5mg	7.9mg	0.6mg	12mg	418mg	396mg	4.2mg
Calcium	207.63mg	30.3mg	9.8mg	11.3mg	50.98mg	28.4mg	19mg	32.2mg
Iron	0.93mg	0.6mg	0.3mg	0.4mg	1.12mg	1.9mg	1.39mg	0.5mg

Nutrient Name	Nutritive Value							
	Pav Bhaji	Jalebi	Gulap Jamun	Papad	Papaya	Banana	Watermelon	Orange
Energy	400kcal	300Kcal	410.0Kcal	371Kcal	43Kcal	89Kcal	30Kcal	97Kcal
Protein	9.4g	4.19g	6.58g	26g	0.5g	1.1g	0.6g	0.9g
Carbohydrate	57.9g	62.36g	68.1g	60g	11g	23g	7.6g	13g
Total Fat	14.5g	4.31g	0.40g	3.3g	0.3g	0.3g	0.2g	0.2g
Total Dietary Fiber	4.5g	1g	12.36g	19g	1.7g	2.6g	0.4g	2.2g
Total Free Sugars	1.7g	42.77g	52.01g	0g	7.8g	12g	6.2g	8.5g
Sodium	170.5mg	146mg	110mg	1745mg	8mg	1mg	1mg	1mg
Calcium	70.2mg	131mg	221mg	143.00mg	20.00mg	5.00mg	7.00mg	43.00mg
Iron	2.2mg	0.72mg	0.37mg	7.80mg	0.25mg	0.26mg	0.24mg	0.13mg



BOY'S HOSTEL -- MENU

MONDAY

Breakfast : Idly, Sambar, Chutney, Uddinvada/Masalavada/Mangalore Bonda, Tea, Coffee, Milk



Lunch : Chapati, Rice, Sambar, Rasam, Lady Finger with Aloo Curry, Pickle, Curd, Butter Milk



Snacks : Samosa
Tea, Coffee, Milk



Dinner : Chapati, Aloo Fry/ Tomato Curry, Rice, Sambar, Rasam, Pickle, Curd (Gobimanjuri)
Once in a month



WEDNESDAY

Breakfast : Poori, Aloo Curry, Chutney, Tea, Coffee, Milk



Lunch : Chapati, Rice, Sambar, Vegetable Kurma, Pickle, Curd, Butter Milk



Snacks : Oreo /50-50 Maska Chaska, Biscuit, Tea, Coffee, Milk



Dinner : Idly, Chutney, Rice, Sambar, Rasam, Pickle, Curd, Single Fruit



FRIDAY

Breakfast : Bread, Jam/ Pav Bhaji, Aloo Bonda, Tea, Coffee, Milk



Lunch : Chapati, Rice, Sambar, Rasam, Green Gram Curry, Brinjal Palya, Pickle, Curd, Butter Milk



Snacks : Corn
Tea, Coffee, Milk



Dinner : Parotta, Paneer Curry, Rice, Sambar, Rasam, Pickle, Curd



SUNDAY

Breakfast

Masala Dosa, Chutney, Aloo Palya
Tea, Coffee, Milk

Lunch

Chapati, Rice, Sambar, Rasam, Palak Moss Curry /Cauliflower Curry, Pickle, Curd, Butter Milk

Snacks

Groundnut burfi, Tea, Coffee, Milk

Dinner

Ghee Rice/ Mushroom Biryani/Veg Biryani, Raitha, Banana, Chillibajji/Banana Bajji

TUESDAY

Breakfast : Upma/Semiya Upma /Pongal /Poha Upma, Chutney, Kesari bath Tea, Coffee, Milk



Lunch : Jeera Rice, Rice, Dal Curry, Rasam, Papad, Cucumber, Pickle, Curd, Butter Milk



Snacks : Haldiram's Snacks
Tea, Coffee, Milk



Dinner : Appam, Bengali Gram Curry/ Onion Dosa, Chutney, Rice, Sambar, Rasam, Pickle, Curd



THURSDAY

Breakfast : Dosa, Sambar, Chutney, Tea, Coffee, Milk



Lunch : Chapati, Rice, Keral Rice, Sambar, Rasam, Channa Masala, Pickle, Curd, Butter Milk



Snacks : Lays Chips
Tea, Coffee, Milk



Dinner : Tomatobath/ Vegbiryani, Methi palav, Raitha, Sweet/Semiya payasam, Fruitsalad (Twice in a month)



SATURDAY

Breakfast : Maggi/Noodles, Tomato Sauce, Tea, Coffee, Milk



Lunch : Chapati, Rice, Keral Rice, Sambar, Rasam, Cowpeas Beans Curry, Beetroot Palya, Pickle, Curd, Butter Milk



Snacks : Tea, Coffee, Milk



Dinner : Bisibelebath/ Puliogare, Vangibath/Lemon Rice



Warden : 8197930467

Manager :

In case of Emergency : 9902997736,
0001007470

Perceptors

Sabesan. J : 9597244099

Charan Gowada : 8660103356

Dineshvaran : 8778657569

BOY'S HOSTEL -- MENU



MONDAY

Breakfast : Idly, Sambar, Chutney, Uddinvada/Masalavada/Mangalore Bonda, Tea, Coffee, Milk

Lunch : Chapati, Rice, Sambar, Rasam, Lady Finger with Aloo Curry, Pickle, Curd, Butter Milk

Snacks : Samosa
Tea, Coffee, Milk

Dinner : Chapati, Aloo Fry/ Tomato Curry, Rice, Sambar, Rasam, Pickle, Curd (Gobimanjuri)
Once in a month)



WEDNESDAY

Breakfast : Poori, Aloo Curry, Chutney, Tea, Coffee, Milk

Lunch : Chapati, Rice, Sambar, Vegetable Kurma, Pickle, Curd, Butter Milk

Snacks : Oreo /50-50 Maska Chaska, Biscuit, Tea, Coffee, Milk

Dinner : Idly, Chutney, Rice, Sambar, Rasam, Pickle, Curd, Single Fruit



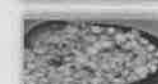
FRIDAY

Breakfast : Bread, Jam/ Pav Bhaji, Aloo Bonda, Tea, Coffee, Milk

Lunch : Chapati, Rice, Sambar, Rasam, Green Gram Curry, Brinjal Palya, Pickle, Curd, Butter Milk

Snacks : Corn
Tea, Coffee, Milk

Dinner : Parotta, Paneer Curry, Rice, Sambar, Rasam, Pickle, Curd



SUNDAY

Breakfast
Masala Dosa, Chutney, Aloo Palya
Tea, Coffee, Milk

Lunch

Chapati, Rice, Sambar, Rasam, Palak Moss Curry /Cauliflower Curry, Pickle, Curd, Butter Milk

Snacks

Groundnut burfi, Tea, Coffee, Milk

Dinner

Ghee Rice/ Mushroom Biryani/Veg Biryani, Raitha, Banana, Chillibajji/Banana Bajji

TUESDAY

Breakfast : Upma/Semiya Upma /Pongal /Poha Upma, Chutney, Kesari bath Tea, Coffee, Milk

Lunch : Jeera Rice, Rice, Dal Curry, Rasam, Papad, Cucumber, Pickle, Curd, Butter Milk

Snacks : Haldirams Snacks
Tea, Coffee, Milk

Dinner : Appam, Bengali Gram Curry/ Onion Dosa, Chutney, Rice, Sambar, Rasam, Pickle, Curd



THURSDAY

Breakfast : Dosa, Sambar, Chutney, Tea, Coffee, Milk

Lunch : Chapati, Rice, Keral Rice, Sambar, Rasam, Channa Masala, Pickle, Curd, Butter Milk

Snacks : Lays Chips
Tea, Coffee, Milk

Dinner : Tomatobath/ Vegbiryani, Methi palav, Raitha, Sweet/Semiya payasam
Fruitsalad (Twice in a month)



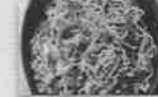
SATURDAY

Breakfast : Maggi/Noodles, Tomato Sauce, Tea, Coffee, Milk

Lunch : Chapati, Rice, Keral Rice, Sambar, Rasam, Cowpeas Beans Curry, Beetroot Palya, Pickle, Curd, Butter Milk

Snacks : Tea, Coffee, Milk

Dinner : Bisibelebath/ Puliogare, Vangibath/Lemon Rice



Warden : 8197930467

Manager :

8164143444 Emergency : 9902997726

Perceptors

Sabesan. J : 9597244099

Charan Gowada : 8660103356

MONDAY

Breakfast : Bread Pakoda/Pav Bajji,
Jam, /Aloo Bonda, Tea,
Coffee



Lunch : Chapati, Rice, Kerala Rice
Sambar, Rasam, Veg Kurma,
Veg Salad, Pickle, Curd



Snacks : Samosa
Tea, Coffee, Milk



Dinner : Rice, Sambar, Green Gram
Curry, Rasam, Pickle, Curd,
Papad



WEDNESDAY

Breakfast : Upma/Rava Idly/Pongal
/Poha Upma, Chutney,
Kesaribath, Banana, Tea,
Coffee



Lunch : Chapati, Rice, Sambar, Rasan
Lady Finger with Aloo Curry
Meal Maker Curry, Pickle,
Curd, Butter Milk, Veg Salad



Snacks : Cake/ Puffs
Tea, Coffee, Milk



Dinner : Carrot/ Radish Chapati,
Bottle Gourd Curry, Rice,
Sambar, Rasam, Pickle,
Curd

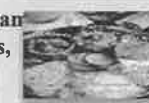


FRIDAY

Breakfast : Poori, Aloo Curry/ Pongal,
Chutney
Tea, Coffee



Lunch : Chapati, Rice, Sambar, Rasan
Brinjal/Aloo Curry, Sprouts,
Pickle, Curd,
Butter Milk



Snacks : Oreo Biscuit/ Good Day
Tea, Coffee, Milk



Dinner : Parotta, Paneer Curry, Rice,
Sambar, Rasam, Pickle, Curd



TUESDAY

Breakfast : Puttu/Noodles,
Bengalgram Curry,
Chutney, Tea, Coffee



Lunch : Chapati, Rice, Sambar,
Rasam, Lady Finger with
Cabbage/ Cauliflower Curry,
Sprouts, Pickle, Curd,
Butter, Milk



Snacks : Sweet Corn
Tea, Coffee, Milk



Dinner : Poori/Appam, Aloo Chole/
Bengal Gram Curry, Rice,
Sambar, Rasam, Pickle,
Curd, Veg Salad, Fruits
(Gobi+ Fried Rice Monthly
twice a month)



THURSDAY

Breakfast : Dose, Sambar, Chutney,
Tomato Curry, Tea, Coffee



Lunch : Chapati, Rice, Kerala Rice
Sambar, Rasam, Lady Finger
Curry, Spinach
Poriyal, Pickle, Curd, Butter
Milk



Snacks : Lays
Tea, Coffee, Milk



Dinner : Veg Pulao, Curd Rice,
Raitha, Chips, Fruitsalad



SATURDAY

Breakfast : Masala Idly, Vada, Sambar,
Chutney, Tea, Coffee



Lunch : Jeera Rice, Rice, Sambar,
Rasam, Veg Curry, Papad
Payasam, Pickle, Curd, Butter
Milk



Snacks : Dry Cake
Tea, Coffee, Milk



Dinner : Fried Rice/Bisibelebath/
Puliyogare, Lemon Rice,
Curd Rice



SUNDAY

Breakfast

Masala Dosa, Red
Chutney, Aloo Palya
Tea, Coffee

Lunch

Chapati, Rice, Sambar,
Rasam, Tomato Curry, Veg
Salad, Pickle, Curd, Butter
Milk

Snacks

Cream Bun
Tea, Coffee, Milk

Dinner

Ghee Rice/ Mushroom
Biryani/Veg Biryani, Raitha,
Curd Rice, Chillibajji, Ice
Cream

Warden : 9629619615

Manager :
9902310283

Perfector (Ayesha Fathima) :

9880406861

In case of Emergency

: 9902997736, 9901007479

MONDAY

Breakfast : Bread Pakoda/Pav Bajji, Jam, /Aloo Bonda,Tea, Coffee



Lunch : Chapati, Rice, Kerala Rice Sambar,Rasam,Veg Kurma, Veg Salad,Pickle,Curd



Snacks : Samosa
Tea, Coffee, Milk



Dinner : Rice, Sambar, Green Gram Curry,Rasam, Pickle, Curd, Papad



WEDNESDAY

Breakfast : Upma/Rava Idly/Pongal /Poha Upma, Chutney, Kesaribath, Banana, Tea, Coffee



Lunch : Chapati, Rice, Sambar, Rasan Lady Finger with Aloo Curry, Meal Maker Curry, Pickle, Curd, Butter Milk, Veg Salad



Snacks : Cake/ Puffs
Tea, Coffee, Milk



Dinner : Carrot/ Radish Chapati, Bottle Gourd Curry, Rice, Sambar, Rasam, Pickle, Curd



FRIDAY

Breakfast : Poori, Aloo Curry/ Pongal, Chutney
Tea, Coffee



Lunch : Chapati, Rice, Sambar, Rasan Brinjal/Aloo Curry, Sprouts, Pickle, Curd, Butter Milk



Snacks : Oreo Biscuit/ Good Day
Tea, Coffee, Milk



Dinner : Parotta, Paneer Curry, Rice, Sambar, Rasam, Pickle, Curd



TUESDAY

Breakfast : Puttu/Noodles, Bengalgram Curry, Chutney, Tea, Coffee



Lunch : Chapati, Rice, Sambar, Rasam, Lady Finger with Cabbage/ Cauliflower Curry, Sprouts,Pickle,Curd, Butter,Milk



Snacks : Sweet Corn
Tea, Coffee, Milk



Dinner : Poori/Appam,Aloo Chole/ Bengal Gram Curry, Rice, Sambar, Rasam,Pickle, Curd,Veg Salad,Fruits (Gobi+ Fried Rice Monthly twice a month)



THURSDAY

Breakfast : Dose, Sambar, Chutney, Tomato Curry,Tea, Coffee



Lunch : Chapati, Rice, Kerala Rice Sambar,Rasam, Lady Finger Curry, Spinach Poriyal,Pickle, Curd, Butter Milk



Snacks : Lays
Tea, Coffee, Milk



Dinner : Veg Pulao, Curd Rice, Raitha, Chips ,Fruitsalad



SATURDAY

Breakfast : Masala Idly, Vada, Sambar, Chutney, Tea, Coffee



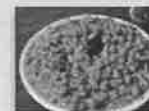
Lunch : Jeera Rice,Rice, Sambar, Rasam, Veg Curry, Papad Payasam, Pickle, Curd, Butter Milk



Snacks : Dry Cake
Tea, Coffee, Milk



Dinner : Fried Rice/Bisibelebath/ Puliogare,Lemon Rice, Curd Rice



SUNDAY

Breakfast

Masala Dosa, Red Chutney, Aloo Palya
Tea, Coffee

Lunch

Chapati, Rice, Sambar, Rasam, Tomato Curry, Veg Salad, Pickle, Curd, Butter Milk

Snacks

Cream Bun
Tea, Coffee, Milk

Dinner

Ghee Rice/ Mushroom Biryani/Veg Biryani, Raitha, Curd Rice, Chillibajji, Ice Cream

Warden : 9629619615

Perfector (Ayesha Fathima) :

9880406864

In case of Emergency

: 9902997736, 9901007479

Manager :

0002240282


JSS MEDICAL COLLEGE GIRLS HOSTEL MENU LIST (Mess Block - 01/09/2021 to 15/09/2021)

Days	Break fast	Lunch	Evening	Dinner
Monday	Maggi (Carrot & Capsicum) Sauce Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam Curd + Butter Milk + Cut Vegetables Veg Makhni + Beetroot Palya Soppina Sambar	Coffee + Tea + Milk (Coconut Biscuits)	Chapati + Dal + Rice + Curd + Rasam Aloo fry + Radish Sambar Sweet
Tuesday	Masala Dosa + Sambar + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam Curd + Butter Milk + Cut Vegetables Kadhi Pakoda + Heerekayi Palya Bottle gourd sambar	Coffee + Tea + Milk (Masala puri/ Golgappa)	Chapati + Dal + Rice + Curd + Rasam Shahi Paneer + Bindi Sambar
Wednesday	Poori + Aloo Curry / Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam Curd + Butter Milk + Cut Vegetables Black Chana Curry + Bitter Gourd fry Carrot & Beans Sambar	Coffee + Tea + Milk (Lays)	Dal + Rice + Curd + Rasam Aloo Parota + Chutney Mangaluru Southe Sambar Fruits
Thursday	Idli + Vada + Sambar Chutney Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam Curd + Butter Milk + Cut Vegetables Mushroom curry + Carrot Palya Kaal sambar	Coffee + Tea + Milk (Hide & Seek)	Curd + Rasam + Dal + Rice Fried rice + Manchurian / Ghee Rice + Kurma + Payasam
Friday	Poha + Tomato Curry Toast Bread + Butter Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam Curd + Butter Milk + Cut Vegetables veg kofta curry + Cabbage Palya Nuggekayi sambar	Coffee + Tea + Milk (Samosa)	Rice + Curd + Rasam + Dal Dosa + Aloo Palya + Red Chutney Ice Cream
Saturday	Akki rotti + Chutney / Rava Idli + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Rice + Red Rice + Curd + Rasam + dal Butter Milk + Cut Vegetables Chole Bhature + Huruli Palya & Sambar	Coffee + Tea + Milk (Vada)	Rice + Dal + Rasam + Curd Pav baaji / Lemon rice + curd rice
Sunday	Uttapam + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Rice + Sambar + Curd + Dal + Rasam Cut Vegetables Veg Biryani / Pulioggare + Curd rice	Coffee + Tea + Milk (Cake)	Dal + Rasam + Curd + Rice Parota + Chilli Paneer Fruits


CHIEF WARDEN
 J.S.S. Medical College Hostels (Women)
 MYSORE-570 015

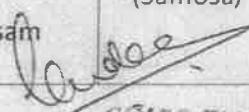
JSS MEDICAL COLLEGE GIRLS HOSTEL MENU LIST (D Block - 16/08/2021 to 31/08/2021)

Days	Break fast	Lunch	Evening	Dinner
Monday	Uppittu + Kesari bath / Maggi + Sause Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam+ Curd + Butter Milk + Cut Vegetables Rajma Curry + Beetroot Palya Soppina Sambar	Coffee+ Tea +Milk (Bourbon, Good day)	Chapati + Dal + Rice + Curd + Rasam Aloo fry + Radish Sambar • Sweet:
Tuesday	Masala Dosa + Sambar + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Kadhi Pakoda + Heerekayi Palya + Bottle gourd sambar	Coffee+ Tea +Milk (Lays)	Matar Paneer+ Chapathi Dal + Rice + Curd + Rasam Bindi Sambar
Wednesday	Poori + Aloo Curry / Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Black Chana Curry + Bitter Gourd fry Carrot & Beans Sambar	Coffee+ Tea +Milk (Banana Chips)	Aloo Parota + Chutney Dal + Rice + Curd + Rasam Mangaluru Southe Sambar • Fruits
Thursday	Idli + Vada + Sambar +Chutney Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Mushroom curry Carrot Palya + Kaal sambar	Coffee+ Tea +Milk (Samosa)	Aloo Palak + Chapathi Curd + Rasam + Dal+ Rice + Tondekayi sambar
Friday	Poha + Tomato Curry Toast Bread + Butter Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Mix veg curry / Halasandekal curry Cabbage Palya + Nuggekayi sambar	Coffee+ Tea +Milk (Cake)	Rice + Curd + Rasam + Dal Dosa + Aloo Palya + Red Chutney • Ice Cream
Saturday	Akki rotti + Chutney / Rava Idli + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Rice + Red Rice + Curd + Rasam + dal Butter Milk + Cut Vegetables Chole Bhature + Huruli Palya & Sambar	Coffee+ Tea +Milk (cutlet)	Pav baaji + Rice + Dal + Rasam + Curd
Sunday	Uttapam + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Puliyoggare + Curd rice Rice + Sambar + Curd + Dal + Rasam Cut Vegetables	Coffee+ Tea +Milk (Masala puri)	Parota + Paneer Dal + Rasam + Curd Fruits


CHIEF WARDEN
 J.S.S Medical College Hostels (Women)
 MYSORE 570 015

JSS MEDICAL COLLEGE GIRLS HOSTEL MENU LIST (Mess Block - 01/08/2021 to 15/08/2021)

Days	Break fast	Lunch	Evening	Dinner
Monday	Uppittu + Kesari bath / Maggi + Sause Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam+ Curd + Butter Milk + Cut Vegetables Green Peas Curry + Beetroot Palya Soppina Sambar	Coffee+ Tea +Milk (Chips)	Chapati + Dal + Rice + Curd + Rasam Alasandekal curry / French Fries + Radish Sambar • Sweet: Honey Jilebi, jamun, rava unde, coconut luddu
Tuesday	Masala Dosa + Sambar + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Black Channa Curry + Carrot Palya + Heere kayi sambar	Coffee+ Tea +Milk (Golgappa)	Parota + Chilly Paneer Dal + Rice + Curd + Rasam + Bindi Sambar
Wednesday	Poori + Aloo Curry / Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Meal Maker Curry + Bitter Gourd fry Carrot & Beans Sambar	Coffee+ Tea +Milk (Cake)	Aloo Parota + Chutney / Chapathi + Bhindi fry + Dal + Rice + Curd + Rasam Mangaluru Southe Sambar • Fruits
Thursday	Idli + Vada + Sambar +Chutney Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Mushroom Curry + Heerekayi Palya Kaal sambar	Coffee+ Tea +Milk (Packed Biscuits)	Fried Rice + Gobi Vegetable pulao + Raita + Payasa Curd + Rasam + Dal
Friday	Poha + Tomato Curry Toast Bread + Butter Sweet Bread + Jam Tea + Coffee + Milk	Chapati + Dal + Rice + Red Rice + Rasam + Curd +Butter Milk + Cut Vegetables Aloo Palak + Cabbage Palya Tondekayi Sambar/ Nuggekayi sambar	Coffee+ Tea +Milk (Lays)	Rice + Curd + Rasam + Dal Dosa + Aloo Palya + Red Chutney • Ice Cream : Butter scotch, pista , Spanish delite, vanilla
Saturday	Akki rotti + Chutney / Vermcelli + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Rice + Red Rice + Curd + Rasam + dal Butter Milk + Cut Vegetables Chole Bhaturo + Huruli Palya & Sambar	Coffee+ Tea +Milk (Poha)	Lemon Rice + curd Rice / Pav baaji Papad + Rice + Dal + Rasam + Curd
Sunday	Neer Dose + Tomato Chutney/ Aloo Parota + Chutney Sweet Bread + Jam Tea + Coffee + Milk	Ghee rice + Kurma Tomato pulao + Raita Rice + Sambar + Curd + Dal + Rasam Cut Vegetables	Coffee+ Tea +Milk (Samosa/ Puff)	Rice + Curd Sambar + Papad Moong dal palya Dal + Rasam + Curd Fruits


CHIEF WARDEN
 J.S.S Medical College Hostels (Women)
 MYSORE 570 015

JSS MEDICAL COLLEGE BOYS HOSTEL, MYSURU-570015
'B' BLOCK
MENU LIST FOR THE MONTH OF SEPTEMBER - 2021

DAYS	BREAKFAST	LUNCH	EVENING SNACKS	DINNER
MONDAY	Aloo Parota + Vangi Bath	Chapathi + Carrot Beans + Palya + Dal	Samosa + Chutney	Parota + Chilli Paneer + Puliogare + Jamun
TUESDAY	Idli + Vada + Sambar	Chole Bathura + Mutter Pulao (Peas)	Aloo Bonda + Chutney	Chapathi + Aloo Fry / Bendi Fry + Dal + Ice Cream (Black Current)
WEDNESDAY	Benne Dosa (Butter) + Corn Flakes	Parota + Palak Mutter + Tomato Bath + Raita	Chocolate Cake	Chapathi / Akki Rotti + Brinjal Curry / Dal +Pappaya
THURSDAY	Tomato Upma + Pongal + Kesari Bath	Veg Hyderabad Biryani + Chapathi + Rajma	Chips + Badam Milk / Coffee / Tea	Schezwan Noodles + Gobi / Pavbun + Water Melon
FRIDAY	Poori + Green Saagu + Corn Flakes	Chapathi + Dal Kholapuri + Lemon Rice	Masala Puri	Chapathi + Mushroom + Masala Rice + Peda
SATURDAY	Masala Maggie + Shavige Bath	Chapathi + Veg Kholapuri +Puliogare	Hide & Seek Biscuit / Honey Cake	Parota + Paneer Butter Masala + Mysore Pak
SUNDAY	Avalakki + Bread + Tomato Curry	Bisibele Bath + Curd Rice + Chips + Payasam	Goli Bajji / Manglore Bajji	Dosa + Groundnut Chutney + Mixed Fruit Salad

NOTE: Tea, Coffee, Badam Milk (Hot & Chilled) will be served both in the morning and evening, Salad to be served daily for lunch ,Banana to be given thrice a week, Carrot(Monday), Cucumber (Tuesday +Saturday), Onion (Wednesday +Friday), Tomato(Thursday + Sunday)


CHIEF WARDEN
CHIEF WARDEN
 JSS Medical College Hostel for Boys
 MYSURU-570 015

JSS College of Pharmacy, Girls Hostel Ooty with Effective from March 2021 (Week 1 & 3)

Day	Breakfast	Lunch	Dinner
Monday	Onion Dosa, Sambar, Chili onion chutney	Kerala Rice, Plain Rice, Rasam, Curd, Kara Kozhambu, Cabbage Poriyal / Pappad	Poha, chickpea curry, Maggie (without vegetables)
Tuesday	Idly, Vada, Sambar, onion chilli Tomato chutney, Poha	Plain Rice, Chapathi, Spinach & Dal Sambar (any green leaf vegetable), Potato gravy, Rasam, Curd	Ghee Roast, Tomato Chutney, Sambar, Seasonal Fruits
Wednesday	Pongal, Vada, Sambar, Coconut Chutney	Kerala Rice, Plain Rice, Sambar, Beetroot/Carrot Poriyal, Rasam, Curd / Pappad	Chapathi/ Lemon rice, chana masala / Dal green pea curry/ panner butter masala, Aloo Chips
Thursday	Bread, Potato curry, Carrot+ Onions+ Tomato, Pudhina Chutney, Jam, cornflakes	Plain Rice, Chapathi, Green Peas Curry, Banana Poriyal, Rasam, Curd	Rava Dosa, Sambar, Chutney
Friday	Idiyappam, Upma, Chick Pea Curry, Pea nut Chutney, Kesari, Banana	Kerala Rice, Plain Rice, Mornu Kozhambu, Potato & Ladies Finger Fry/ seasonal vegetable gravy , Rasam, Curd, Pappad	Chin noodles, vegetable fried rice/ Szechuan fried rice , Aloo Chips
Saturday	Appam, Chick Pea Curry, Chili onion Chutney	Tomato Rice with ghee, Raita & Poori, Aloo Curry	Chapathi, Paneer Curry, Dal/ Seva coconut chutney and green gram curry
Sunday	Masala Dosa, Sambar, Pudhina Chutney	Kothu porota salad and lemon rice	Mushroom Biryani, Raita, Aloo, Chips

Evening Snacks

Monday	Popcorn
Tuesday	Aval Mix
Thursday	Samosa
Friday	Vegetable Puff/ground nut (Sundal/ fry)

Sweets

Week 1	Ice cream (Chocobar/ cone)
Week 3	Palkova (Milk Sweet) / Motichoor laddoo

Pickle: Mango/Garlic/Lemon/Ginger + Mor Mulagu

Fruits: Apple, orange, papaya, water melon, pineapple, grapes.

Morning: Milk & Coffee

Evening: Milk & Tea, Coffee

Every Night: Plain Rice, Rasam, Curd

Sd/-
Students secretary

Sd/-
Warden

Sd/-
Administrative Officer

Sd/-
Principal

JSS College of Pharmacy, Girls Hostel Only with Effective from March 2021 (Week 2 & 4)

Day	Breakfast	Lunch	Dinner
Monday	Onion Dosa, Sambar, Coconut Chutney	Kerala Rice, Plain Rice, Sambar, Green Gram Poriyal, Rasam, Curd	Chapati / coconut rice, Tomato Potato chilli gravy, Dal.
Tuesday	Idly, Vada, Sambar, Peanut Chutney, Poha	Plain Rice, Chapathi, Dal, Kara Kozhambu, Biringal/ Kovaka Poriyal, Rasam, Curd	Ghee Roast, Tomato Chutney, Sambar, Seasonal Fruits
Wednesday	Pongal, Vada, Sambar, Chutney	Kerala Rice, Plain Rice, Rasam, Curd, Chickpea Curry, Potato Poriyal, Pappad	Rava idli, Onion-Tomato-Chilli Curry, coconut chutney
Thursday	Bread, Butter, Jam, Corn Flakes, Stew/Tomato-Potato Curry, cornflakes	Plain Rice, Chapathi, Green Peas Curry, Potato brinjil poriyal, Rasam, Curd	Wheat Dosa, soya masala, Onion chilli chutney
Friday	Puttu, Semiya Upma, Chick Pea Curry, Chutney, Banana	Kerala Rice, Plain Rice, Moru Kozhambu, green peace and potato Poriyal, Rasam, Curd / Pappad	Idly, Sambar, onion chilli tomato chutney, Lemon Rice, Aloo Chips
Saturday	Appam, Chickpea Curry, Chilli onion Chutney	Metni rice + Raitha / Plain Rice, Dal & Poori, Channa Curry	Rava Upma, Poha, Coconut Chutney
Sunday	Masala Dosa, Sambar, Chutney	Normal parotta, soya chicken gravy	Soya Biryani, Raitha, Aloo Chips.

Evening Snacks

Monday	Cutlet
Tuesday	Kara puri
Thursday	Samosa
Friday	Vegetable Puff / Chick Pea (Sundal)

Sweets

Week 2	Fruit Salad
Week 4	Semiya Payasam/Rice Payasam/Kheer

Pickle: Mango/Garlic/Lemon/Ginger + Mor Mulagu

Fruits: Apple, orange, papaya, water melon, pineapple, grapes.

Morning: Milk & Coffee

Evening: Milk & Tea, Coffee

Every Night: Plain Rice, Rasam, Curd

Sd/-
Students secretary

Sd/-
Warden

Sd/-
Administrative officer

Sd/-
Principal

JSS COLLEGE OF PHARMACY, OOTACAMUND
BOYS HOSTEL MESS MENU
(YEAR 2020-21)
WEEK 1 & 3

	BREAKFAST	LUNCH	DINNER
MON	Bread, cut fruits, jam Pongal, coconut chutney, sambar, gram dhal masalavada	Rice, sambar(brinjal, drumstick), rasam, curd, chapathi, yellow dhal(onion, tomato, cucumber, carrot, beetroot salad)	Idly, tomato curry, pudhina chutney / ground nut chutney, rice, rasam, butter milk, podi
TUE	Bread, cut fruits, jam, Big plaindosa, coconut chutney, sambar	Chapathi, small soya gravy, rice, sambar(raddish), aaloo bhindhi, rasam, buttermilk	Vegetable biriyani, plain kuruma, onion raitha, rice, rasam, potato chips, butter milk
WED	Bread, cut fruits, jam Rava upma, kesari, banana, coconut chutney	Chapathi, green gram dhal, rice, pulikolambu (ladyfinger), rasam, cabbageporial, curd, appalam	Chapathi, paneer gravy, , rice, rasam, butter milk
THU	Bread, cut fruits, jam Maggie noodles	Chappathi, aalu fry, rice, kerala rice, Sambar (mango with brinjal), Rasam, Buttermilk	Ghee rice, vegetable kuruma
FRI	Bread, cut fruits, jam Idly, medhuvada, sambar, coconut chutney	Chapathi, Rajinacurry, Rice, Sambar(Keerai), Rasam, Curd (Onion, Cucumber, Carrot)	Uthappam, coconut chutney, onion chutney, sambar, , rice, rasam, butter milk, fruit (seasonal)
SAT	Bread, butter, jam, bread toast, banana, tomatoocurry, cornflakes, milk	Poori, Aalu Masala, Rice, More Kulambu, Rasam, Sundal	Pudhina rice, coconut chutney, wheel chips, rice, rasam, butter milk
SUN	Bread, cut fruits, jam, Masala dosa , coconut chutney, sambar	Soya biriyani, Raitha, Potato Chips.	Chapathi, coconut chutney, mushroom gravy, Rice, rasam, butter milk

WEEK 2 & 4

	BREAKFAST	LUNCH	DINNER
MON	Bread, cut fruits, jam, Pongal, coconut chutney, sambar, gram dhal masalavada	Rice, sambar(brinjal, drumstick), rasam, curd, chapathi, yellow dhal(onion, tomato, cucumber, carrot, beetroot salad)	Uthappam, tomato curry, pudhina chutney / ground nut chutney, rice, rasam, butter milk, podi
TUE	Bread, cut fruits, jam, Aappam, puttu, sundal kuruma, coconut chutney	Chapathi, yellow dhal, rice, sambar(raddish), aaloo bhindhi, , rasam, buttermilk	Mushroom biriyani, plain kuruma, onion raitha, rice, rasam, potato chips, butter milk
WED	Bread, cut fruits, jam, Semiya upma, banana, kesari, coconut chutney	Chapathi, green peas kuruma, rice, pulikolambu (ladyfinger), rasam, cabbageporial, curd, appalam	Chapathi, aalu masala, rice, rasam, butter milk
THU	Bread, cut fruits, jam, Maggie noodles	Chappathi, aalu fry, rice, kerala rice, Sambar (mango with brinjal), Rasam, Buttermilk	Tomato rice, curd rice, coconut chutney, frysams
FRI	Bread, cut fruits, jam, Idly, medhuvada, sambar, coconut chutney	Chapathi, avarai kulambu, ghee, Rice, Sambar(Keerai), Rasam, Curd (Onion, Cucumber, Carrot)	Uthappam, coconut chutney, onion chutney, sambar, , rice, rasam, butter milk, fruit (seasonal)
SAT	Bread, butter, jam, bread toast, banana, tomatoocurry, cornflakes, milk	Poori, Aalu Masala, Rice, More Kulambu, Rasam, Sundal	Coconut rice, lemon rice, boondhi
SUN	Bread, cut fruits, jam, Masala dosa , coconut chutney, sambar	Soya biriyani, Raitha, Potato Chips.	Chapathi, coconut chutney, Tomato curry, rice, rasam, butter milk

SNACKS: MON: Good day Biscuit; TUE: Coconut Ball / Tea Cake; THURS: Cutlet; FRI: Kaara Porri/Cupcake

SUN: Samosa / puff

SWEETS: WED: Cup Ice cream (vanilla) / Saniya Payasam / Choobar Ice Cream / Fruit Salad

Daily morning and evening beverages : TEA 5L / COFFEE 25L / MILK 5L

MESS TIMINGS : Morning -- 8 to 9.30am , Afternoon -- 12.30 to 2 pm , Night -- 7.15 to 8.45 pm

STUDENTS SECRETORY WARDEN ADMIN OFFICER ASSIT. WARDEN PRINCIPAL

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**Sri Girish K (Fruits)**

Ledger Account

1-Jan-2020 to 31-Mar-2020

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-1-2020	Dr Opening Balance				24,340.00
31-1-2020	Dr Provision	Journal	1558		21,475.00
	<i>Being cheque payable to Girish K towards supply of fruits for the month of January 2020.</i>				
29-2-2020	Dr Provision	Journal	1596		25,390.00
	<i>Being cheque payable to Girish K towards supply of fruits for the month of February 2020.</i>				
31-3-2020	Dr Provision	Journal	1640		19,260.00
	<i>Being cheque payable to Girish K towards supply of fruits for the month of March 2020.</i>				
	Cr Closing Balance			90,465.00	90,465.00
				90,465.00	90,465.00

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**Sri Girish K (Fruits)**

Ledger Account

1-Apr-2020 to 30-Jun-2021

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-4-2020	Dr Opening Balance				19,260.00
30-4-2020	Dr Provision	Journal	89		11,415.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of April 2020.</i>			
31-5-2020	Dr Provision	Journal	192		16,630.00
		<i>Being cheque payable to Girish K towards supply of fruits for the May 2020.</i>			
30-6-2020	Dr Provision	Journal	274		11,415.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of June 2020.</i>			
31-7-2020	Dr Provision	Journal	408		11,240.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of July 2020.</i>			
31-8-2020	Dr Provision	Journal	728		11,625.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of August 2020.</i>			
30-9-2020	Dr Provision	Journal	1037		13,015.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of September 2020.</i>			
31-10-2020	Dr Provision	Journal	1151		12,615.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of October 2020.</i>			
9-12-2020	Dr Provision	Journal	1215		15,712.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of November 2020.</i>			
31-12-2020	Dr Provision	Journal	1252		25,295.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of December 2020.</i>			
31-1-2021	Dr Provision	Journal	1382		25,085.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of January 2021.</i>			
28-2-2021	Dr Provision	Journal	1470		27,860.00
		<i>Being cheque payable to Girish K towards supply of fruits for the month of February 2021.</i>			
	Carried Over				2,01,167.00

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JSS Medical College Girls Hostel

Sri Girish K (Fruits) Ledger Account : 1-Apr-2020 to 30-Jun-2021

Page 2

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward				2,01,167.00
31-3-2021	Dr Provision	Journal	1525		25,410.00
	<i>Being cheque payable to Girish K towards supply of fruits for the month of March 2021.</i>				
	Cr Closing Balance			2,26,577.00	2,26,577.00
				2,26,577.00	2,26,577.00
1-4-2021	Dr Opening Balance				2,26,577.00
30-4-2021	Dr Provision	Journal	37		22,870.00
	<i>Being cheque payable to Girish K towards supply of fruits for the month of April 2021.</i>				
31-5-2021	Dr Provision	Journal	64		13,935.00
	<i>Being cheque payable to Girish K towards supply of fruits for the month of May 2021.</i>				
30-6-2021	Dr Provision	Journal	96		12,765.00
	<i>Being cheque payable to Girish K towards supply of fruits for the month of June 2021.</i>				
	Cr Closing Balance			2,76,147.00	2,76,147.00
				2,76,147.00	2,76,147.00

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JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**JSS Enterprises**

Ledger Account

1-Jan-2020 to 31-Mar-2020

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-1-2020	Dr Opening Balance				5,49,422.00
31-1-2020	Dr Provision	Journal	1554		4,29,173.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of January 2020.</i>			
29-2-2020	Dr Provision	Journal	1601		5,52,154.00
		<i>Being cheque payable to Jss Enterprises towards supply of provision and oil for the month of February 2020.</i>			
31-3-2020	Dr Provision	Journal	1649		4,03,748.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of March 2020.</i>			
					<hr/>
					19,34,497.00
	Cr Closing Balance			19,34,497.00	
				19,34,497.00	19,34,497.00

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**JSS Enterprises**

Ledger Account

1-Apr-2020 to 30-Jun-2021

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-4-2020	Dr Opening Balance				4,03,748.00
30-4-2020	Dr Provision	Journal	98		5,40,161.00
		<i>Being cheque payable to Jss Enterprises towards supply of provision and oil for the month of April 2020.</i>			
31-7-2020	Dr Provision	Journal	393		1,32,795.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of July 2020.</i>			
31-8-2020	Dr Provision	Journal	730		2,06,918.00
		<i>Being cheque payable to Jss Enterprises towards supply of provision and oil for the month of August 2020.</i>			
30-9-2020	Dr Provision	Journal	1026		2,47,592.00
		<i>Being cheque payable to Jss Enterprises towards supply of provision and oil for the month of September 2020.</i>			
31-10-2020	Dr Provision	Journal	1157		2,36,043.00
		<i>Being cheque payable to Jss Enterprises towards supply of provision and oil for the month of October 2020.</i>			
30-11-2020	Dr Provision	Journal	1187		2,55,770.00
		<i>Being cheque payable to Jss Enterprises towards supply of provision and oil for the month of November 2020.</i>			
31-12-2020	Dr Provision	Journal	1254		5,22,892.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of December 2020.</i>			
31-1-2021	Dr Provision	Journal	1370		6,11,917.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of January 2021.</i>			
28-2-2021	Dr Provision	Journal	1471		6,65,987.00
		<i>Being cheque payable to Jss Enterprises towards supply of provision and oil for the month of February 2021.</i>			
31-3-2021	Dr Provision	Journal	1533		5,90,752.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of March 2021.</i>			
	Carried Over				44,14,575.00

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JSS Medical College Girls Hostel

JSS Enterprises Ledger Account : 1-Apr-2020 to 30-Jun-2021

Page 2

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward				44,14,575.00
					<hr/>
					44,14,575.00
	Cr Closing Balance			44,14,575.00	
				<hr/>	
				44,14,575.00	44,14,575.00
					<hr/>
1-4-2021	Dr Opening Balance				44,14,575.00
30-4-2021	Dr Provision	Journal	44		5,58,942.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of April 2021.</i>			
31-5-2021	Dr Provision	Journal	72		78,995.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of May 2021.</i>			
30-6-2021	Dr Provision	Journal	99		1,46,850.00
		<i>Being cheque payable to JSS Enterprises towards supply of provision and oil for the month of June 2021.</i>			
					<hr/>
					51,99,362.00
	Cr Closing Balance			51,99,362.00	
				<hr/>	
				51,99,362.00	51,99,362.00
					<hr/>

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

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Ledger Account

1-Jan-2020 to 31-Mar-2020

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
31-1-2020	Cr Sri M S Suresh (Masala Powder)	Journal	1537	4,980.00	
	Abc	1,380.00 Dr			
	D	3,600.00 Dr			
		<i>Being cheque payable to M S Suresh towards supply of rava idli mix and puliyogre powder for the month of January 2020.</i>			
	Cr Coffee Day Econ Private Ltd	Journal	1549	20,512.00	
	Abc	13,128.00 Dr			
	D	3,284.00 Dr			
	PG	4,100.00 Dr			
		<i>Being cheque payable to Coffee Day Econ Private Ltd towards supply of coffee and tea powder for the month of January 2020.</i>			
	Cr M/S Siddharta Resorts and Foods INC.	Journal	1550	20,135.00	
	Abc	8,943.00 Dr			
	D	9,081.00 Dr			
	PG	2,111.00 Dr			
		<i>Being cheque payable to Siddharta Resorts and Foods INC towards supply of ice cream for the month of January 2020.</i>			
	Cr Srinivasa Agency Mysore	Journal	1555	23,586.00	
	Abc	8,054.00 Dr			
	D	11,720.00 Dr			
	PG	3,812.00 Dr			
		<i>Being cheque payable to Srinivasa Agency towards supply of noodles and tomoto sauce for the month of January 2020.</i>			
	Cr M/s Rico Foods	Journal	1556	9,009.00	
	Abc	3,150.00 Dr			
	D	3,465.00 Dr			
	PG	2,394.00 Dr			
		<i>Being cheque payable to Rico Foods towards supply of porotta,romali rotti and samosa for the month of January 2020.</i>			
	Cr M/s Mahalakshmi Sweets	Journal	1557	25,485.00	
	Abc	10,825.00 Dr			
	D	12,764.00 Dr			
	PG	1,896.00 Dr			
		<i>Being cheque payable to Shree Mahalakshmi Sweets for the month of January 2020.</i>			
	Carried Over			1,03,707.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Jan-2020 to 31-Mar-2020

Page 2

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			1,03,707.00	
31-1-2020	Cr Sri C Basavanna	Journal	1559	15,650.00	
	Abc	6,250.00 Dr			
	D	3,150.00 Dr			
	PG	6,250.00 Dr			
	<i>Being cheque payable to C Basavanna towards supply of coconuts for the month of January 2020.</i>				
	Cr Sri Indresh	Journal	1560	4,250.00	
	Abc	2,750.00 Dr			
	D	500.00 Dr			
	PG	1,000.00 Dr			
	<i>Being cheque payable to Indresh towards supply of papads for the month of January 2020.</i>				
28-2-2020	Cr M/s Vasavamba Food Needs	Journal	1581	15,680.00	
	Abc	6,720.00 Dr			
	D	8,960.00 Dr			
	<i>Being cheque payable to Vasavamba Food Needs towards supply of noodles for the month of February 2020.</i>				
	Cr Srinivasa Agency Mysore	Journal	1582	2,945.00	
	Abc	2,945.00 Dr			
	<i>Being cheque payable to Srinivasa Agency towards supply of maggi and sauce for the month of February 2020.</i>				
	Cr Sri C Basavanna	Journal	1586	19,450.00	
	Abc	6,850.00 Dr			
	D	9,150.00 Dr			
	PG	3,450.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of February 2020.</i>				
29-2-2020	Cr M/s Mahalakshmi Sweets	Journal	1591	22,240.00	
	Abc	9,764.00 Dr			
	D	11,006.00 Dr			
	PG	1,470.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets of February 2020.</i>				
	Cr Sri Indresh	Journal	1592	3,900.00	
	Abc	2,400.00 Dr			
	D	500.00 Dr			
	PG	1,000.00 Dr			
	<i>Being cheque payable to Indresh towards supply of papads for the month of February 2020.</i>				
	Carried Over			1,87,822.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Jan-2020 to 31-Mar-2020

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			1,87,822.00	
29-2-2020	Cr M/S Siddharta Resorts and Foods INC.	Journal	1593	17,329.00	
	Abc	6,865.00 Dr			
	D	7,795.00 Dr			
	PG	2,669.00 Dr			
	<i>Being cheque payable to Siddharta Resorts & Foods towards supply of February 2020.</i>				
	Cr M/s Rico Foods	Journal	1594	20,979.00	
	Abc	8,526.00 Dr			
	D	10,563.00 Dr			
	PG	1,890.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of romali rotti,parota and samosa for the month of February 2020.</i>				
	Cr SLV Iyengars Bakery	Journal	1595	1,41,856.00	
	Abc	52,275.00 Dr			
	D	68,210.00 Dr			
	PG	21,371.00 Dr			
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snancks for the month of February 2020.</i>				
	Cr Sri Girish K (Fruits)	Journal	1596	25,390.00	
	Abc	8,600.00 Dr			
	D	9,940.00 Dr			
	PG	6,850.00 Dr			
	<i>Being cheque payable to Girish K towards supply of fruits for the month of February 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1599	22,504.00	
	Abc	5,743.00 Dr			
	D	11,018.00 Dr			
	PG	5,743.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee and tea powder for the month of February 2020.</i>				
	Cr Sri M S Suresh (Masala Powder)	Journal	1600	10,140.00	
	Abc	4,140.00 Dr			
	D	6,000.00 Dr			
	<i>Being cheque payable to M.S Suresh towards supply of rava idli mix and puliyogare powder for the month of February 2020.</i>				
31-3-2020	Cr Sri Indresh	Journal	1635	2,900.00	
	Abc	1,900.00 Dr			
	PG	1,000.00 Dr			
	<i>Being cheque payable to Indresh towards supply of papads for the month of March 2020.</i>				
	Carried Over			4,28,920.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Jan-2020 to 31-Mar-2020

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			4,28,920.00	
31-3-2020	Cr Sri C Basavanna	Journal	1636	17,250.00	
	Abc	6,900.00 Dr			
	D	6,900.00 Dr			
	PG	3,450.00 Dr			
	<i>Being cheque payable to C Basavanna towards supply of coconuts for the month of March 2020.</i>				
	Cr M/s Rico Foods	Journal	1639	14,952.00	
	Abc	5,082.00 Dr			
	D	7,980.00 Dr			
	PG	1,890.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of samosa,romali roti and parota for the month of March 2020.</i>				
	Cr Sri Girish K (Fruits)	Journal	1640	19,260.00	
	Abc	6,310.00 Dr			
	D	7,240.00 Dr			
	PG	5,710.00 Dr			
	<i>Being cheque payable to Girish K towards supply of fruits for the month of March 2020.</i>				
	Cr Srinivasa Agency Mysore	Journal	1642	11,622.00	
	Abc	2,945.00 Dr			
	D	8,677.00 Dr			
	<i>Being cheque payable to Srinivasa Agency towards supply of noodles for the month of March 2020.</i>				
	Cr Sri M S Suresh (Masala Powder)	Journal	1643	7,200.00	
	Abc	1,800.00 Dr			
	D	5,400.00 Dr			
	<i>Being cheque payable to Suresh M S towards supply of rava idli mix for the month of March 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1644	15,586.00	
	Abc	9,843.00 Dr			
	D	5,743.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Private Ltd towards supply of coffee and tea powder for the month of March 2020.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	1648	15,193.00	
	Abc	5,603.00 Dr			
	D	7,321.00 Dr			
	PG	2,269.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of March 2020.</i>				
	Carried Over			5,29,983.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Jan-2020 to 31-Mar-2020

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			5,29,983.00	
31-3-2020	Cr M/S Siddharta Resorts and Foods INC.	Journal	1651	10,025.00	
	Abc	3,643.00 Dr			
	D	4,313.00 Dr			
	PG	2,069.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Foods towards supply of ice cream for the month of March 2020.</i>				
				5,40,008.00	
	Dr Closing Balance				5,40,008.00
				5,40,008.00	5,40,008.00

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Sri Shivarathreeshwara Nagar

Mysuru**Provision**

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1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
30-4-2020	Cr Sri Indresh	Journal	88	3,700.00	
	PG	500.00 Dr			
	D	2,000.00 Dr			
	Abc	1,200.00 Dr			
		<i>Being cheque payable to indresh towards supply of papads for the month of April 2020.</i>			
	Cr Sri C Basavanna	Journal	92	15,600.00	
	PG	5,200.00 Dr			
	Abc	10,400.00 Dr			
		<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of April 2020.</i>			
	Cr Coffee Day Econ Private Ltd	Journal	95	7,385.00	
	PG	7,385.00 Dr			
		<i>Being cheque payable to coffee Day towards supply of coffee and tea powder for the month of April 2020.</i>			
	Cr Srinivasa Agency Mysore	Journal	96	3,812.00	
	PG	3,812.00 Dr			
		<i>Being cheque payable to Srinivasa Agency Mysuru towards supply of noodles and sauce for the month of April 2020.</i>			
31-5-2020	Cr M/s Rico Foods	Journal	182	1,974.00	
	PG	1,974.00 Dr			
		<i>Being cheque payable to Rico Foods towards supply of parota and roti for the month of May 2020.</i>			
	Cr M/S Siddharta Resorts and Foods INC.	Journal	184	2,532.00	
	PG	2,532.00 Dr			
		<i>Being cheque payable to Siddharta Resorts and Foods INC towards supply of ice cream for the month of May 2020.</i>			
	Cr Sri C Basavanna	Journal	186	4,200.00	
	PG	4,200.00 Dr			
		<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of May 2020.</i>			
	Cr M/s Mahalakshmi Sweets	Journal	187	1,764.00	
	Abc	1,764.00 Dr			
		<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets and khara for the month of May 2020.</i>			
	Carried Over			40,967.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

Page 2

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			40,967.00	
31-5-2020	Cr Coffee Day Econ Private Ltd	Journal	190	10,664.00	
	Abc	821.00 Dr			
	D	5,743.00 Dr			
	PG	4,100.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Private Ltd towards supply of coffee and tea powder for the month of May 2020.</i>				
30-6-2020	Cr Coffee Day Econ Private Ltd	Journal	258	5,742.00	
	PG	5,742.00 Dr			
	<i>Being cheque payable to Coffee Day Private Ltd towards supply of coffee and tea powder for the month of June 2020.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	260	2,634.00	
	PG	2,634.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of June 2020.</i>				
	Cr M/s Rico Foods	Journal	262	3,066.00	
	PG	3,066.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of roti and parota for the month of June 2020.</i>				
	Cr Sri C Basavanna	Journal	266	4,200.00	
	PG	4,200.00 Dr			
	<i>Being cheque payable to C Basavanna towards supply of coconuts for the month of June 2020.</i>				
	Cr M/S Siddharta Resorts and Foods INC.	Journal	267	3,554.00	
	D	831.00 Dr			
	PG	2,723.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and foods INC towards supply of ice cream for the month of June 2020.</i>				
31-7-2020	Cr M/s Mahalakshmi Sweets	Journal	391	1,638.00	
	PG	1,638.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of July 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	392	2,871.00	
	D	2,871.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Private Ltd towards supply of coffee and tea powder for the month of July 2020.</i>				
	Cr M/S Siddharta Resorts and Foods INC.	Journal	399	3,594.00	
	PG	3,594.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Foods INC towards supply of ice cream for the month of July 2020.</i>				
	Carried Over			78,930.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			78,930.00	
31-7-2020	Cr M/s Rico Foods	Journal	400	1,449.00	
	PG	1,449.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of parota for the month of July 2020.</i>				
	Cr Srinivasa Agency Mysore	Journal	401	2,477.00	
	PG	2,477.00 Dr			
	<i>Being cheque payable to Srinivasa Agency towards supply of noodles for the month of July 2020.</i>				
	Cr Sri C Basavanna	Journal	403	11,550.00	
	Abc	4,200.00 Dr			
	D	4,200.00 Dr			
	PG	3,150.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of July 2020.</i>				
31-8-2020	Cr Sri Daksha Distributors	Journal	712	2,897.00	
	D	2,897.00 Dr			
	<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder for the month of August 2020.</i>				
	Cr M/S Siddharta Resorts and Foods INC.	Journal	715	1,958.00	
	PG	1,958.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Foods INC towards supply of ice cream for the month of August 2020.</i>				
	Cr Sri M S Suresh (Masala Powder)	Journal	716	1,080.00	
	PG	1,080.00 Dr			
	<i>Being cheque payable to Suresh M S towards supply of rasam powder for the month of August 2020.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	720	3,400.00	
	PG	3,400.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of August 2020.</i>				
	Cr Sri C Basavanna	Journal	721	7,350.00	
	D	4,200.00 Dr			
	PG	3,150.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of August 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	722	19,578.00	
	D	9,943.00 Dr			
	PG	9,635.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee and tea powder for the month of August 2020.</i>				
	Carried Over			1,30,669.00	

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Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			1,30,669.00	
30-9-2020	Cr Sri C Basavanna	Journal	1028	11,550.00	
	Abc	8,400.00 Dr			
	PG	3,150.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of September 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1030	6,150.00	
	Abc	6,150.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of tea powder for the month of September 2020.</i>				
	Cr M/s Rico Foods	Journal	1031	1,512.00	
	PG	1,512.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of parota for the month of September 2020.</i>				
	Cr Srinivasa Agency Mysore	Journal	1034	1,604.00	
	Abc	1,604.00 Dr			
	<i>Being cheque payable to Srinivas Agencies towards supply of maggi tomato sauce for the month of September 2020.</i>				
	Cr M/S Siddharta Resorts and Foods INC.	Journal	1036	2,560.00	
	PG	2,560.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Foods INC towards supply of ice cream for the month of September 2020.</i>				
	Cr Sri Daksha Distributors	Journal	1046	18,010.00	
	Abc	11,550.00 Dr			
	D	1,660.00 Dr			
	PG	4,800.00 Dr			
	<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder and surf powder for the month of September 2020.</i>				
31-10-2020	Cr Srinivasa Agency Mysore	Journal	1136	5,237.00	
	PG	5,237.00 Dr			
	<i>Being cheque payable to Srinivas Agency towards supply of noodles and tomoto ketchup for the month of October 2020.</i>				
	Cr JSS Central Store,Sutturu	Journal	1138	4,515.00	
	D	4,515.00 Dr			
	<i>Being cheque payable to JSS Central Store, Sutturu towards supply sambar powder for the month of October 2020.</i>				
	Carried Over			1,81,807.00	

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Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			1,81,807.00	
31-10-2020	Cr M/S Siddharta Resorts and Foods INC.	Journal	1143	4,580.00	
	Abc	2,103.00 Dr			
	D	538.00 Dr			
	PG	1,939.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Foods INC towards supply of ice cream for the month of October 2020.</i>				
	Cr Sri C Basavanna	Journal	1144	9,450.00	
	D	6,300.00 Dr			
	PG	3,150.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of October 2020.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	1145	4,783.00	
	D	2,656.00 Dr			
	PG	2,127.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of October 2020.</i>				
	Cr M/s Rico Foods	Journal	1146	4,746.00	
	D	2,730.00 Dr			
	PG	2,016.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of parota and romali roti for the month of October 2020.</i>				
	Cr Sri Daksha Distributors	Journal	1147	16,005.00	
	D	9,146.00 Dr			
	PG	6,859.00 Dr			
	<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder for the month of October 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1149	8,200.00	
	D	4,100.00 Dr			
	PG	4,100.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee powder for the month of October 2020.</i>				
30-11-2020	Cr M/S Siddharta Resorts and Foods INC.	Journal	1189	5,692.00	
	Abc	2,690.00 Dr			
	D	1,615.00 Dr			
	PG	1,387.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Foods towards supply of ice cream for the month of November 2020.</i>				
	Carried Over			2,35,263.00	

continued ...

JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			2,35,263.00	
30-11-2020	Cr Sri C Basavanna	Journal	1191	24,000.00	
	Abc	12,000.00 Dr			
	D	7,200.00 Dr			
	PG	4,800.00 Dr			
	<i>Being cheque payable to C Basavanna towards supply of coconuts for the month of November 2020.</i>				
	Cr M/s Rico Foods	Journal	1193	10,500.00	
	Abc	7,014.00 Dr			
	D	1,260.00 Dr			
	PG	2,226.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of parota and romali roti for the month of November 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1196	8,200.00	
	Abc	4,100.00 Dr			
	D	4,100.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee powder for the month of November 2020.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	1197	4,420.00	
	D	2,100.00 Dr			
	PG	2,320.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of November 2020.</i>				
2-12-2020	Cr Sri Daksha Distributors	Journal	1213	20,238.00	
	Abc	7,265.00 Dr			
	D	12,973.00 Dr			
	<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder for the month of December 2020.</i>				
31-12-2020	Cr M/s Rico Foods	Journal	1235	24,947.00	
	D	15,015.00 Dr			
	Abc	7,476.00 Dr			
	PG	2,456.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of provision for the month of December 2020.</i>				
	Cr Sri M S Suresh (Masala Powder)	Journal	1236	5,040.00	
	D	4,500.00 Dr			
	Abc	540.00 Dr			
	<i>Being cheque payable to Suresh M S towards supply of puliyogare powder and rava idli mix for the month of December 2020.</i>				
	Carried Over			3,32,608.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			3,32,608.00	
31-12-2020	Cr Sri C Basavanna	Journal	1240	17,500.00	
	D	7,500.00 Dr			
	Abc	5,000.00 Dr			
	PG	5,000.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of December 2020.</i>				
	Cr Srinivasa Agency Mysore	Journal	1241	22,422.00	
	D	9,960.00 Dr			
	Abc	8,746.00 Dr			
	PG	3,716.00 Dr			
	<i>Being cheque payable to Srinivasa Agency towards supply of noodles for the month of December 2020.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1242	16,401.00	
	D	8,201.00 Dr			
	Abc	4,100.00 Dr			
	PG	4,100.00 Dr			
	<i>Being cheque payable to Coffee Day Econ towards supply of coffee powder for the month of December 2020.</i>				
	Cr M/S Siddharta Resorts and Foods INC.	Journal	1245	14,679.00	
	Abc	4,022.00 Dr			
	D	8,439.00 Dr			
	PG	2,218.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and food towards supply ice cream for the month of December 2020.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	1250	12,252.00	
	Abc	3,312.00 Dr			
	D	7,083.00 Dr			
	PG	1,857.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of December 2020.</i>				
8-1-2021	Cr Sri Daksha Distributors	Journal	1342	28,540.00	
	D	10,378.00 Dr			
	Abc	10,378.00 Dr			
	PG	7,784.00 Dr			
	<i>Being cheque payable to Daksha Distributors towards supply of tea powder for the month of January 2021.</i>				
31-1-2021	Cr Sri C Basavanna	Journal	1362	16,800.00	
	Abc	4,800.00 Dr			
	D	7,200.00 Dr			
	PG	4,800.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of January 2021.</i>				
	Carried Over			4,61,202.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			4,61,202.00	
31-1-2021	Cr Jss Mahavidhyapeeta	Journal	1368	5,600.00	
	Abc	5,600.00 Dr			
		<i>Being cheque payable to JSS Mahavidyapeetha towards supply of coconuts for the month of January 2021.</i>			
	Cr Sri M S Suresh (Masala Powder)	Journal	1372	8,100.00	
	Abc	2,700.00 Dr			
	D	5,400.00 Dr			
		<i>Being cheque payable to M S Suresh towards supply of rava idli mix for the month of January 2021.</i>			
	Cr M/S Siddharta Resorts and Foods INC.	Journal	1374	24,147.00	
	Abc	7,895.00 Dr			
	D	13,983.00 Dr			
	PG	2,269.00 Dr			
		<i>Being cheque payable to Siddharta Resorts and Foods INC towards supply of ice cream for the month of January 2021.</i>			
	Cr M/s Rico Foods	Journal	1377	27,930.00	
	Abc	10,122.00 Dr			
	D	15,540.00 Dr			
	PG	2,268.00 Dr			
		<i>Being cheque payable to Rico Foods towards supply of romali roti and parota for the month of January 2021.</i>			
	Cr M/s Mahalakshmi Sweets	Journal	1378	27,542.00	
	Abc	9,284.00 Dr			
	D	16,657.00 Dr			
	PG	1,601.00 Dr			
		<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of January 2021.</i>			
	Cr Coffee Day Econ Private Ltd	Journal	1379	4,100.00	
	Abc	4,100.00 Dr			
		<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee powder for the month of December 2020.</i>			
	Cr Coffee Day Econ Private Ltd	Journal	1380	18,452.00	
	Abc	6,150.00 Dr			
	D	6,151.00 Dr			
	PG	6,151.00 Dr			
		<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee powder for the month of January 2021.</i>			
	Carried Over			5,77,073.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			5,77,073.00	
31-1-2021	Cr Prabha (Pappad)	Journal	1381	3,500.00	
	Abc	1,000.00 Dr			
	D	2,000.00 Dr			
	PG	500.00 Dr			
	<i>Being cheque payable to Prabha towards supply of pappads for the month January 2021.</i>				
28-2-2021	Cr Prabha (Pappad)	Journal	1457	2,000.00	
	Abc	2,000.00 Dr			
	<i>Being cheque payable to Prabha towards supply of pappads for the month of February 2021.</i>				
	Cr Srinivasa Agency Mysore	Journal	1459	6,416.00	
	Abc	3,208.00 Dr			
	D	3,208.00 Dr			
	<i>Being cheque payable to Srinivasa Agency towards supply of noodles for the month of February 2021.</i>				
	Cr Sri M S Suresh (Masala Powder)	Journal	1460	9,900.00	
	Abc	4,500.00 Dr			
	D	5,400.00 Dr			
	<i>Being cheque payable to Suresh M S towards supply of rava idli mix for the month of February 2021.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1463	12,300.00	
	Abc	6,150.00 Dr			
	D	6,150.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee powder for the month of February 2021.</i>				
	Cr Sri C Basavanna	Journal	1464	17,500.00	
	Abc	5,000.00 Dr			
	D	7,500.00 Dr			
	PG	5,000.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of February 2021.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	1465	6,968.00	
	Abc	2,646.00 Dr			
	D	3,360.00 Dr			
	PG	962.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of February 2021.</i>				
	Carried Over			6,35,657.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			6,35,657.00	
28-2-2021	Cr M/s Rico Foods	Journal	1466	17,934.00	
	Abc	7,392.00 Dr			
	D	9,030.00 Dr			
	PG	1,512.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of parota and romali roti for the month of February 2021.</i>				
	Cr M/S Siddharta Resorts and Foods INC.	Journal	1467	24,437.00	
	Abc	10,011.00 Dr			
	D	11,571.00 Dr			
	PG	2,855.00 Dr			
	<i>Being cheque payable to Siddharata Resorts & Food towards supply of ice cream for the month of February 2021.</i>				
	Cr Sri Daksha Distributors	Journal	1473	11,609.00	
	Abc	3,166.00 Dr			
	D	5,277.00 Dr			
	PG	3,166.00 Dr			
	<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder for the month of February 2021.</i>				
1-3-2021	Cr Sri Daksha Distributors	Journal	1480	7,388.00	
	Abc	7,388.00 Dr			
	<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder for the month of March 2021.</i>				
22-3-2021	Cr M/S. Id Fresh Food (India) Pvt Ltd	Journal	1502	22,530.00	
	Abc	8,710.00 Dr			
	D	13,820.00 Dr			
	<i>Being cheque payable to Id Fresh Food (India) Pvt Ltd towards supply of parota and paneer for the month of March 2021.</i>				
31-3-2021	Cr M/S. Id Fresh Food (India) Pvt Ltd	Journal	1518	19,160.00	
	PG	1,230.00 Dr			
	D	11,280.00 Dr			
	Abc	6,650.00 Dr			
	<i>Being cheque payable to Id Fresh Food (India) Pvt Ltd towards supply of parota and paneer for the month of March 2021.</i>				
	Cr Srinivasa Agency Mysore	Journal	1521	10,018.00	
	Abc	4,007.00 Dr			
	D	6,011.00 Dr			
	<i>Being cheque payable to Srinivasa Agency towards supply of maggi for the month of March 2021.</i>				
	Carried Over			7,48,733.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			7,48,733.00	
31-3-2021	Cr Prabha (Pappad)	Journal	1522	2,500.00	
	Abc	1,000.00 Dr			
	D	500.00 Dr			
	PG	1,000.00 Dr			
	<i>Being cheque payable to Prabha towards supply of pappads for the month of March 2021.</i>				
	Cr M/s Mahalakshmi Sweets	Journal	1523	15,037.00	
	Abc	5,919.00 Dr			
	D	8,318.00 Dr			
	PG	800.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of March 2021.</i>				
	Cr Sri C Basavanna	Journal	1524	33,800.00	
	Abc	13,000.00 Dr			
	D	5,200.00 Dr			
	PG	15,600.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of March 2021.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	1526	9,225.00	
	Abc	3,075.00 Dr			
	D	3,075.00 Dr			
	PG	3,075.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Pvt Ltd towards supply of coffee powder for the month of March 2021.</i>				
	Cr M/s Rico Foods	Journal	1527	11,466.00	
	Abc	4,830.00 Dr			
	D	5,880.00 Dr			
	PG	756.00 Dr			
	<i>Being cheque payable to Rico Foods towards rumali rotti and parota for the month of March 2021.</i>				
	Cr M/S Siddharta Resorts and Foods INC.	Journal	1528	19,005.00	
	Abc	7,945.00 Dr			
	D	9,570.00 Dr			
	PG	1,490.00 Dr			
	<i>Being cheque payable to Siddharta Resorts & Foods towards supply of ice cream for the month of March 2021.</i>				
	Cr Sri M S Suresh (Masala Powder)	Journal	1529	5,220.00	
	Abc	1,800.00 Dr			
	D	720.00 Dr			
	PG	2,700.00 Dr			
	<i>Being cheque payable to Suresh M S towards supply of rava idli mix and rasam powder for the month of March 2021.</i>				
	Carried Over			8,44,986.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			8,44,986.00	
				8,44,986.00	
Dr	Closing Balance				8,44,986.00
				8,44,986.00	8,44,986.00
1-4-2021	Cr Opening Balance			8,44,986.00	
1-4-2021	Cr M/S. Id Fresh Food (India) Pvt Ltd	Journal	2	1,380.00	
	PG	1,380.00 Dr			
		<i>Being cheque payable to ID Fresh Food towards supply of paneer for the month of April 2021.</i>			
	Cr Sri Daksha Distributors	Journal	3	27,906.00	
	Abc	10,733.00 Dr			
	D	6,440.00 Dr			
	PG	10,733.00 Dr			
		<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder for the month of April 2021.</i>			
7-4-2021	Cr M/s Vasavamba Food Needs	Journal	7	13,885.00	
	Abc	5,638.00 Dr			
	D	2,544.00 Dr			
	PG	5,703.00 Dr			
		<i>Being cheque payable to Sri Vasavamba Food Needs towards supply of Malas rose, Mango,orange,pineapple and litchi crush for the month of April 2021.</i>			
8-4-2021	Cr M/S. Id Fresh Food (India) Pvt Ltd	Journal	8	19,520.00	
	Abc	5,780.00 Dr			
	D	13,740.00 Dr			
		<i>Being cheque payable to ID Fresh Food towards supply of paneer and parota for the month of April 2021.</i>			
12-4-2021	Cr M/s Vasavamba Food Needs	Journal	11	25,440.00	
	Abc	12,720.00 Dr			
	D	12,720.00 Dr			
		<i>Being cheque payable to Sri Vasavamba Food Needs towards supply of MALAS mango,litchi,pineapple and orange crush for the month of April 2021.</i>			
30-4-2021	Cr Prabha (Pappad)	Journal	27	2,000.00	
	Abc	2,000.00 Dr			
		<i>Being cheque payable to Prabha towards supply of pappad for the month of April 2021.</i>			
	Cr Sri C Basavanna	Journal	29	11,700.00	
	Abc	6,500.00 Dr			
	PG	5,200.00 Dr			
		<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of April 2021.</i>			
	Carried Over			9,46,817.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

Page 13

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			9,46,817.00	
30-4-2021	Cr M/S Siddharta Resorts and Foods INC.	Journal	30	19,882.00	
	Abc	8,028.00 Dr			
	D	9,578.00 Dr			
	PG	2,276.00 Dr			
	<i>Being cheque payable to Siddharta Resorts & Foods towards supply of ice cream for the month of April 2021.</i>				
	Cr Coffee Day Econ Private Ltd	Journal	31	12,301.00	
	Abc	4,100.00 Dr			
	D	6,151.00 Dr			
	PG	2,050.00 Dr			
	<i>Being cheque payable to Coffee Day Econ Private Ltd towards supply of coffee powder for the month of April 2021.</i>				
	Cr Sri M S Suresh (Masala Powder)	Journal	32	4,500.00	
	Abc	1,800.00 Dr			
	D	2,700.00 Dr			
	<i>Being cheque payable to Suresh M S towards supply of rava idli mix for the month of April 2021.</i>				
	Cr Srinivasa Agency Mysore	Journal	33	13,699.00	
	Abc	3,208.00 Dr			
	D	10,491.00 Dr			
	<i>Being cheque payable to Srinivasa Agency towards supply of noodles for the month of April 2021.</i>				
	Cr M/s Rico Foods	Journal	35	4,725.00	
	Abc	2,100.00 Dr			
	D	2,625.00 Dr			
	<i>Being cheque payable to Rico Foods towards supply of rumali roti for the month of April 2021.</i>				
	Cr M/S. Id Fresh Food (India) Pvt Ltd	Journal	38	14,840.00	
	Abc	2,440.00 Dr			
	D	5,800.00 Dr			
	PG	6,600.00 Dr			
	<i>Being cheque payable to ID Fresh Food towards supply of paneer and malabar parota for the month of April 2021.</i>				
	Cr CUBS	Journal	39	46,327.00	
	Abc	17,432.00 Dr			
	D	21,347.00 Dr			
	PG	7,548.00 Dr			
	<i>Being cheque payable to CUBS towards supply of bread,jam and cake for the month of April 2021.</i>				
	Carried Over			10,63,091.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			10,63,091.00	
30-4-2021	Cr M/s Mahalakshmi Sweets	Journal	43	17,901.00	
	Abc	7,243.00 Dr			
	D	10,114.00 Dr			
	PG	544.00 Dr			
	<i>Being cheque payable to Mahalakshmi Sweets towards supply of sweets for the month of April 2021.</i>				
30-5-2021	Cr M/S Siddharta Resorts and Foods INC.	Journal	50	2,610.00	
	PG	2,610.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Foods towards supply of ice cream for the month of May 2021.</i>				
31-5-2021	Cr Prabha (Pappad)	Journal	61	500.00	
	PG	500.00 Dr			
	<i>Being cheque payable to Prabha towards supply of pappads for the month of May 2021.</i>				
	Cr M/S. Id Fresh Food (India) Pvt Ltd	Journal	66	14,960.00	
	Abc	3,020.00 Dr			
	D	5,220.00 Dr			
	PG	6,720.00 Dr			
	<i>Being cheque payable to ID Fresh Food towards supply of paneer and malabar parota for the month of May 2021.</i>				
	Cr CUBS	Journal	67	13,157.00	
	Abc	2,844.00 Dr			
	D	4,812.00 Dr			
	PG	5,501.00 Dr			
	<i>Being cheque payable to CUBS towards supply of bread ,jam and cake for the month of May 2021.</i>				
	Cr Sri Daksha Distributors	Journal	68	26,991.00	
	D	16,318.00 Dr			
	PG	10,673.00 Dr			
	<i>Being cheque payable to Sri Daksha Distributors towards supply of tea powder for the month of May 2021.</i>				
	Cr Sri C Basavanna	Journal	69	15,000.00	
	Abc	5,000.00 Dr			
	D	5,000.00 Dr			
	PG	5,000.00 Dr			
	<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of May 2021.</i>				
30-6-2021	Cr M/S Siddharta Resorts and Foods INC.	Journal	87	2,761.00	
	PG	2,761.00 Dr			
	<i>Being cheque payable to Siddharta Resorts and Food towards supply of ice cream for the month of June 2021.</i>				
	Carried Over			11,56,971.00	

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JSS Medical College Girls Hostel

Provision Ledger Account : 1-Apr-2020 to 30-Jun-2021

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			11,56,971.00	
30-6-2021	Cr Sri C Basavanna	Journal	91	4,800.00	
	PG	4,800.00 Dr			
		<i>Being cheque payable to Basavanna C towards supply of coconuts for the month of June 2021.</i>			
	Cr M/S. Id Fresh Food (India) Pvt Ltd	Journal	94	10,560.00	
	Abc	1,920.00 Dr			
	D	1,920.00 Dr			
	PG	6,720.00 Dr			
		<i>Being cheque payable to ID Fresh Food India towards supply of paneer and malabar parota for the month of June 2021.</i>			
	Cr CUBS	Journal	95	18,035.00	
	Abc	5,297.00 Dr			
	D	2,907.00 Dr			
	PG	9,831.00 Dr			
		<i>Being cheque payable to CUBS towards supply of bread,jam and choco tea cake for the month of June 2021.</i>			
				11,90,366.00	
	Dr Closing Balance				11,90,366.00
				11,90,366.00	11,90,366.00

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**SLV Iyengars Bakery**

Ledger Account

1-Jan-2020 to 31-Mar-2020

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Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-1-2020	Dr Opening Balance				1,44,354.00
31-1-2020	Dr Provision	Journal	1552		1,64,838.00
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of January 2020.</i>				
29-2-2020	Dr Provision	Journal	1595		1,41,856.00
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of February 2020.</i>				
31-3-2020	Dr Provision	Journal	1645		1,18,196.00
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snaks for the month March 2020.</i>				
					5,69,244.00
	Cr Closing Balance			5,69,244.00	
				5,69,244.00	5,69,244.00

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**SLV Iyengars Bakery**

Ledger Account

1-Apr-2020 to 30-Jun-2021

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-4-2020	Dr Opening Balance				1,18,196.00
30-4-2020	Dr Provision	Journal	90		33,632.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of April 2020.</i>			
31-5-2020	Dr Provision	Journal	193		41,825.00
		<i>Being cheque payable to SLV Iyengar Bakery towards supply of bread,jam and snacks for the month of May 2020.</i>			
30-6-2020	Dr Provision	Journal	272		40,750.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of June 2020.</i>			
31-7-2020	Dr Provision	Journal	405		35,452.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of July 2020.</i>			
31-8-2020	Dr Provision	Journal	726		38,605.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of August 2020.</i>			
30-9-2020	Dr Provision	Journal	1027		43,170.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of September 2020.</i>			
31-10-2020	Dr Provision	Journal	1141		48,615.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of October 2020.</i>			
30-11-2020	Dr Provision	Journal	1192		52,900.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of November 2020.</i>			
31-12-2020	Dr Provision	Journal	1244		1,20,820.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of December 2020.</i>			
31-1-2021	Dr Provision	Journal	1371		1,58,694.00
		<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of January 2021.</i>			
	Carried Over				7,32,659.00

continued ...

JSS Medical College Girls Hostel

SLV Iyengars Bakery Ledger Account : 1-Apr-2020 to 30-Jun-2021

Page 2

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward				7,32,659.00
28-2-2021	Dr Provision	Journal	1472		1,56,650.00
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of February 2021.</i>				
31-3-2021	Dr Provision	Journal	1530		1,73,070.00
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of March 2021.</i>				
					<hr/>
					10,62,379.00
	Cr Closing Balance			10,62,379.00	
				10,62,379.00	10,62,379.00
				<hr/>	
1-4-2021	Dr Opening Balance				10,62,379.00
30-4-2021	Dr Provision	Journal	34		86,850.00
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of April 2021.</i>				
31-5-2021	Dr Provision	Journal	65		20,342.00
	<i>Being cheque payable to SLV Iyengars Bakery towards supply of bread,jam and snacks for the month of May 2021.</i>				
30-6-2021	Dr Provision	Journal	92		13,290.00
	<i>Being cheque payable to SLV Iyengar Bakery towards supply of bread, Pav bun and snacks for the month of June 2021.</i>				
					<hr/>
					11,82,861.00
	Cr Closing Balance			11,82,861.00	
				11,82,861.00	11,82,861.00
				<hr/>	

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeswara Nagar

Mysuru**Milk**

Ledger Account

1-Apr-2020 to 30-Jun-2021

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
30-4-2020	Cr Mysore Milk Dairy	Journal	93	1,14,446.00	
	PG	39,016.00 Dr			
	Abc	26,640.00 Dr			
	D	48,790.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of April 2020.</i>				
31-5-2020	Cr Mysore Milk Dairy	Journal	189	1,10,719.00	
	Abc	39,960.00 Dr			
	D	28,860.00 Dr			
	PG	41,899.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of May 2020.</i>				
30-6-2020	Cr Mysore Milk Dairy	Journal	268	1,15,534.00	
	Abc	28,860.00 Dr			
	D	39,940.00 Dr			
	PG	46,734.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of June 2020.</i>				
31-7-2020	Cr Mysore Milk Dairy	Journal	407	1,17,979.00	
	Abc	37,740.00 Dr			
	D	32,130.00 Dr			
	PG	48,109.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of July 2020.</i>				
31-8-2020	Cr Mysore Milk Dairy	Journal	729	1,28,740.00	
	Abc	39,960.00 Dr			
	D	43,230.00 Dr			
	PG	45,550.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of August 2020.</i>				
30-9-2020	Cr Mysore Milk Dairy	Journal	1049	1,32,495.00	
	Abc	45,915.00 Dr			
	D	44,400.00 Dr			
	PG	42,180.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of September 2020.</i>				
	Carried Over			7,19,913.00	

continued ...

JSS Medical College Girls Hostel

Milk Ledger Account : 1-Apr-2020 to 30-Jun-2021

Page 2

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			7,19,913.00	
31-10-2020	Cr Mysore Milk Dairy	Journal	1150	1,40,687.00	
	Abc	47,360.00 Dr			
	D	45,915.00 Dr			
	PG	47,412.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of October 2020.</i>				
30-11-2020	Cr Mysore Milk Dairy	Journal	1201	43,053.00	
	PG	43,053.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of November 2020.</i>				
	Cr Mysore Milk Dairy	Journal	1202	97,180.00	
	Abc	59,052.00 Dr			
	D	38,128.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of November 2020.</i>				
31-12-2020	Cr Mysore Milk Dairy	Journal	1246	2,32,663.00	
	Abc	73,790.00 Dr			
	D	1,17,440.00 Dr			
	PG	41,433.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of December 2020.</i>				
31-1-2021	Cr Mysore Milk Dairy	Journal	1375	2,63,311.00	
	Abc	92,124.00 Dr			
	D	1,28,563.00 Dr			
	PG	42,624.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of January 2021.</i>				
28-2-2021	Cr Mysore Milk Dairy	Journal	1468	2,73,776.00	
	Abc	1,14,682.00 Dr			
	D	1,21,276.00 Dr			
	PG	37,818.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of February 2021.</i>				
31-3-2021	Cr Mysore Milk Dairy	Journal	1520	2,82,854.00	
	Abc	2,40,680.00 Dr			
	D	42,174.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of March 2021.</i>				
				20,53,437.00	
Dr	Closing Balance				20,53,437.00
				20,53,437.00	20,53,437.00

continued ...

JSS Medical College Girls Hostel

Milk Ledger Account : 1-Apr-2020 to 30-Jun-2021

Page 3

Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-4-2021	Cr Opening Balance			20,53,437.00	
30-4-2021	Cr Mysore Milk Dairy	Journal	40	2,65,727.00	
	Abc	97,010.00 Dr			
	D	1,25,515.00 Dr			
	PG	43,202.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of April 2021.</i>				
31-5-2021	Cr Mysore Milk Dairy	Journal	62	1,02,380.00	
	Abc	23,550.00 Dr			
	D	43,962.00 Dr			
	PG	34,868.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of May 2021.</i>				
30-6-2021	Cr Mysore Milk Dairy	Journal	93	88,485.00	
	Abc	25,334.00 Dr			
	D	24,579.00 Dr			
	PG	38,572.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of June 2021.</i>				
				25,10,029.00	
	Dr Closing Balance				25,10,029.00
				25,10,029.00	25,10,029.00

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeswara Nagar

Mysuru

Milk

Ledger Account

1-Jan-2020 to 31-Mar-2020

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
31-1-2020	Cr Mysore Milk Dairy	Journal	1547	2,53,322.00	
	Abc	96,450.00 Dr			
	D	1,19,475.00 Dr			
	PG	37,397.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of January 2020.</i>				
29-2-2020	Cr Mysore Milk Dairy	Journal	1608	2,49,468.00	
	Abc	89,270.00 Dr			
	D	1,17,320.00 Dr			
	PG	42,878.00 Dr			
	<i>Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of February 2020.</i>				
31-3-2020	Cr Mysore Milk Dairy	Journal	1652	2,02,158.00	
	Abc	65,860.00 Dr			
	D	89,600.00 Dr			
	PG	46,698.00 Dr			
	<i>Being cheque payable to Mysore milk dairy towards supply of milk for the month of March 2020.</i>				
				7,04,948.00	
	Dr Closing Balance				7,04,948.00
				7,04,948.00	7,04,948.00

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**Gas**

Ledger Account

1-Jan-2020 to 31-Mar-2020

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-1-2020	Cr Venus Gas Services	Journal	1516	37,466.00	
	Abc	10,807.00 Dr			
	D	18,013.00 Dr			
	PG	8,646.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of January 2020.</i>				
10-1-2020	Cr Venus Gas Services	Journal	1523	48,273.00	
	Abc	21,614.00 Dr			
	D	18,013.00 Dr			
	PG	8,646.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of January 2020.</i>				
22-1-2020	Cr Venus Gas Services	Journal	1526	36,024.00	
	Abc	21,614.00 Dr			
	D	14,410.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of January 2020.</i>				
30-1-2020	Cr Venus Gas Services	Journal	1533	8,646.00	
	PG	8,646.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of January 2020.</i>				
3-2-2020	Cr Venus Gas Services	Journal	1572	25,217.00	
	Abc	10,807.00 Dr			
	D	14,410.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of February 2020.</i>				
10-2-2020	Cr Venus Gas Services	Journal	1574	44,997.00	
	Abc	12,990.00 Dr			
	D	21,615.00 Dr			
	PG	10,392.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of February 2020.</i>				
	Carried Over			2,00,623.00	

continued ...

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Jan-2020 to 31-Mar-2020

Page 2

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			2,00,623.00	
18-2-2020	Cr Venus Gas Services	Journal	1578	53,692.00	
	Abc	25,980.00 Dr			
	D	17,320.00 Dr			
	PG	10,392.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of February 2020.</i>				
3-3-2020	Cr Venus Gas Services	Journal	1623	28,385.00	
	Abc	12,165.00 Dr			
	D	16,220.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of March 2020.</i>				
9-3-2020	Cr Venus Gas Services	Journal	1624	42,172.00	
	Abc	12,165.00 Dr			
	D	20,275.00 Dr			
	PG	9,732.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of March 2020.</i>				
26-3-2020	Cr Venus Gas Services	Journal	1626	11,354.00	
	PG	11,354.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of March 2020.</i>				
				3,36,226.00	
Dr	Closing Balance				3,36,226.00
				3,36,226.00	3,36,226.00

JSS Medical College Girls Hostel

JSS Medical Institutions Campus

Sri Shivarathreeshwara Nagar

Mysuru**Gas**

Ledger Account

1-Apr-2020 to 30-Jun-2021

Page 1

Date	Particulars	Vch Type	Vch No.	Debit	Credit
1-4-2020	Cr Venus Gas Services	Journal	3	22,410.00	
	Abc	7,470.00 Dr			
	D	14,940.00 Dr			
		<i>being cheque payable to Venus Gas Services towards supply of gas for the month of April 2020.</i>			
9-4-2020	Cr Venus Gas Services	Journal	75	16,434.00	
	Abc	7,470.00 Dr			
	PG	8,964.00 Dr			
		<i>being cheque payable to Venus Gas Services towards supply of gas for the month of April 2020.</i>			
21-4-2020	Cr Venus Gas Services	Journal	77	26,145.00	
	Abc	7,470.00 Dr			
	D	7,470.00 Dr			
	PG	11,205.00 Dr			
		<i>being cheque payable to Venus Gas Services towards supply of gas for the month of April 2020.</i>			
11-5-2020	Cr Venus Gas Services	Journal	163	25,155.00	
	Abc	5,850.00 Dr			
	D	11,700.00 Dr			
	PG	7,605.00 Dr			
		<i>being cheque payable to Venus Gas Services towards supply of gas for the month of May 2020.</i>			
22-5-2020	Cr Venus Gas Services	Journal	167	7,020.00	
	PG	7,020.00 Dr			
		<i>being cheque payable to Venus Gas Services towards supply of gas for the month of May 2020.</i>			
1-6-2020	Cr Venus Gas Services	Journal	203	17,895.00	
	D	17,895.00 Dr			
		<i>being cheque payable to Venus Gas Services towards supply of gas for the month of June 2020.</i>			
5-6-2020	Cr Venus Gas Services	Journal	236	8,351.00	
	PG	8,351.00 Dr			
		<i>being cheque payable to Venus Gas Services towards supply of gas for the month of June 2020.</i>			
	Carried Over			1,23,410.00	

continued ...

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Apr-2020 to 30-Jun-2021

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			1,23,410.00	
18-6-2020	Cr Venus Gas Services	Journal	239	11,930.00	
	Abc	11,930.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of June 2020.</i>			
22-6-2020	Cr Venus Gas Services	Journal	240	7,158.00	
	PG	7,158.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of June 2020.</i>			
2-7-2020	Cr Venus Gas Services	Journal	369	11,980.00	
	D	11,980.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of July 2020.</i>			
6-7-2020	Cr Venus Gas Services	Journal	372	7,188.00	
	PG	7,188.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of July 2020.</i>			
15-7-2020	Cr Venus Gas Services	Journal	375	11,980.00	
	Abc	11,980.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of July 2020.</i>			
20-7-2020	Cr Venus Gas Services	Journal	380	7,787.00	
	PG	7,787.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of July 2020.</i>			
27-7-2020	Cr Venus Gas Services	Journal	383	11,980.00	
	D	11,980.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of July 2020.</i>			
4-8-2020	Cr Venus Gas Services	Journal	695	8,386.00	
	PG	8,386.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of August 2020.</i>			
10-8-2020	Cr Venus Gas Services	Journal	698	11,980.00	
	D	11,980.00 Dr			
		<i>being cheque payable to Venus Gas</i>			
		<i>Services towards supply of gas for the month</i>			
		<i>of August 2020.</i>			
	Carried Over			2,13,779.00	

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Apr-2020 to 30-Jun-2021

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			2,13,779.00	
19-8-2020	Cr Venus Gas Services	Journal	703	20,366.00	
	Abc	11,980.00 Dr			
	PG	8,386.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of August 2020.</i>				
28-8-2020	Cr Venus Gas Services	Journal	705	11,980.00	
	Abc	11,980.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of August 2020.</i>				
4-9-2020	Cr Venus Gas Services	Journal	1004	8,386.00	
	PG	8,386.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of September 2020.</i>				
7-9-2020	Cr Venus Gas Services	Journal	1007	11,980.00	
	D	11,980.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of September 2020.</i>				
16-9-2020	Cr Venus Gas Services	Journal	1016	19,767.00	
	Abc	11,980.00 Dr			
	PG	7,787.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of September 2020.</i>				
28-9-2020	Cr Venus Gas Services	Journal	1023	11,980.00	
	D	11,980.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of September 2020.</i>				
3-10-2020	Cr Venus Gas Services	Journal	1107	20,366.00	
	PG	8,386.00 Dr			
	Abc	11,980.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of October 2020.</i>				
19-10-2020	Cr Venus Gas Services	Journal	1118	19,168.00	
	D	11,980.00 Dr			
	PG	7,188.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of October 2020.</i>				
27-10-2020	Cr Venus Gas Services	Journal	1126	11,980.00	
	D	11,980.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of October 2020.</i>				
	Carried Over			3,49,752.00	

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Apr-2020 to 30-Jun-2021

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			3,49,752.00	
2-11-2020	Cr Venus Gas Services	Journal	1175	7,787.00	
	PG	7,787.00 Dr			
	<i>being cheque payable to Venus Gas Services towards supply of gas for the month of November 2020.</i>				
6-11-2020	Cr Venus Gas Services	Journal	1176	11,980.00	
	Abc	11,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of November 2020.</i>				
12-11-2020	Cr Venus Gas Services	Journal	1179	5,990.00	
	PG	5,990.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of November 2020.</i>				
18-11-2020	Cr Venus Gas Services	Journal	1180	11,980.00	
	D	11,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of November 2020.</i>				
26-11-2020	Cr Venus Gas Services	Journal	1182	19,767.00	
	Abc	11,980.00 Dr			
	PG	7,787.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of November 2020.</i>				
30-11-2020	Cr Venus Gas Services	Journal	1186	11,980.00	
	D	11,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of November 2020.</i>				
5-12-2020	Cr Venus Gas Services	Journal	1214	20,119.00	
	Abc	6,490.00 Dr			
	D	6,490.00 Dr			
	PG	7,139.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of December 2020.</i>				
11-12-2020	Cr Venus Gas Services	Journal	1217	12,980.00	
	D	12,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of December 2020.</i>				
15-12-2020	Cr Venus Gas Services	Journal	1222	13,980.00	
	Abc	13,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of December 2020.</i>				
	Carried Over			4,66,315.00	

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Apr-2020 to 30-Jun-2021

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			4,66,315.00	
19-12-2020	Cr Venus Gas Services	Journal	1225	21,669.00	
	D	13,980.00 Dr			
	PG	7,689.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of December 2020.</i>				
23-12-2020	Cr Venus Gas Services	Journal	1226	13,980.00	
	Abc	13,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of December 2020.</i>				
28-12-2020	Cr Venus Gas Services	Journal	1227	13,980.00	
	D	13,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of December 2020.</i>				
2-1-2021	Cr Venus Gas Services	Journal	1339	9,087.00	
	PG	9,087.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of January 2021.</i>				
4-1-2021	Cr Venus Gas Services	Journal	1340	13,980.00	
	Abc	13,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of January 2021.</i>				
7-1-2021	Cr Venus Gas Services	Journal	1341	13,980.00	
	D	13,980.00 Dr			
	<i>Being cheque issued in favour of Venus Gas Services towards supply of gas for the month of January 2021.</i>				
15-1-2021	Cr Venus Gas Services	Journal	1348	32,853.00	
	Abc	10,485.00 Dr			
	D	13,980.00 Dr			
	PG	8,388.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of January 2021.</i>				
23-1-2021	Cr Venus Gas Services	Journal	1351	24,465.00	
	D	13,980.00 Dr			
	Abc	10,485.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of January 2021.</i>				
27-1-2021	Cr Venus Gas Services	Journal	1352	8,388.00	
	PG	8,388.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of January 2021.</i>				
	Carried Over			6,18,697.00	

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Apr-2020 to 30-Jun-2021

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			6,18,697.00	
1-2-2021	Cr Venus Gas Services	Journal	1389	24,465.00	
	Abc	10,485.00 Dr			
	D	13,980.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of February 2021.</i>				
8-2-2021	Cr Venus Gas Services	Journal	1436	28,960.00	
	Abc	14,480.00 Dr			
	D	14,480.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of February 2021.</i>				
13-2-2021	Cr Venus Gas Services	Journal	1440	7,240.00	
	PG	7,240.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of February 2021.</i>				
17-2-2021	Cr Venus Gas Services	Journal	1445	30,960.00	
	Abc	15,480.00 Dr			
	D	15,480.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of February 2021.</i>				
25-2-2021	Cr Venus Gas Services	Journal	1448	33,558.00	
	Abc	11,985.00 Dr			
	D	11,985.00 Dr			
	PG	9,588.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of February 2021.</i>				
5-3-2021	Cr Venus Gas Services	Journal	1483	35,432.00	
	Abc	12,360.00 Dr			
	D	6,592.00 Dr			
	PG	16,480.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of March 2021.</i>				
15-3-2021	Cr Venus Gas Services	Journal	1486	41,200.00	
	Abc	16,480.00 Dr			
	D	16,480.00 Dr			
	PG	8,240.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of March 2021.</i>				
24-3-2021	Cr Venus Gas Services	Journal	1504	32,960.00	
	Abc	16,480.00 Dr			
	D	16,480.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of March 2021.</i>				
	Carried Over			8,53,472.00	

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Apr-2020 to 30-Jun-2021

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			8,53,472.00	
				8,53,472.00	
Dr	Closing Balance				8,53,472.00
				8,53,472.00	8,53,472.00
1-4-2021	Cr Opening Balance				8,53,472.00
1-4-2021	Cr Venus Gas Services	Journal	1	38,258.00	
	Abc	12,210.00 Dr			
	D	16,280.00 Dr			
	PG	9,768.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of April 2021.</i>				
9-4-2021	Cr Venus Gas Services	Journal	10	28,490.00	
	Abc	12,210.00 Dr			
	D	16,280.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of April 2021.</i>				
16-4-2021	Cr Venus Gas Services	Journal	13	10,582.00	
	PG	10,582.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of April 2021.</i>				
	Cr Venus Gas Services	Journal	14	28,490.00	
	Abc	12,210.00 Dr			
	D	16,280.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of April 2021.</i>				
28-4-2021	Cr Venus Gas Services	Journal	18	33,374.00	
	Abc	8,140.00 Dr			
	D	16,280.00 Dr			
	PG	8,954.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of April 2021.</i>				
10-5-2021	Cr Venus Gas Services	Journal	46	30,932.00	
	Abc	12,210.00 Dr			
	D	8,140.00 Dr			
	PG	10,582.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of May 2021.</i>				
28-5-2021	Cr Venus Gas Services	Journal	48	11,396.00	
	PG	11,396.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of May 2021.</i>				
	Carried Over			10,34,994.00	

JSS Medical College Girls Hostel

Gas Ledger Account : 1-Apr-2020 to 30-Jun-2021

Date	Particulars	Vch Type	Vch No.	Debit	Credit
	Brought Forward			10,34,994.00	
1-6-2021	Cr Venus Gas Services	Journal	73	24,420.00	
	Abc	8,140.00 Dr			
	D	16,280.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of June 2021.</i>				
4-6-2021	Cr Venus Gas Services	Journal	74	10,582.00	
	PG	10,582.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of June 2021.</i>				
21-6-2021	Cr Venus Gas Services	Journal	76	29,304.00	
	Abc	6,512.00 Dr			
	D	16,280.00 Dr			
	PG	6,512.00 Dr			
	<i>Being cheque payable to Venus Gas Services towards supply of gas for the month of June 2021.</i>				
				10,99,300.00	
Dr	Closing Balance				10,99,300.00
				10,99,300.00	10,99,300.00

Instructions to the Students for Visiting the Dining Area of the Hostel

Do's-

- ✓ Students should always reach the dining area in the allotted time.
- ✓ To maintain personnel hygiene while coming to the dining area.
- ✓ To follow 'Q' system
- ✓ To serve food as much is needed / required.
- ✓ Don't waste food
- ✓ To dispose the food waste in dustbin only and not in sink.
- ✓ To always use specified dustbins for disposing food waste (dry / wet waste).
- ✓ To contact Supervisor for any queries or complaints if any.

Don'ts

- ✗ **Maintain the premises of dining clean and hygiene.**
- ✗ Not to spill the food around the serving area while serving and on the dining table.
- ✗ Not to leave food while having meals.
- ✗ Not to serve extra food and throw into dustbin.
- ✗ Not to occupy the dining area or table for longer period, so that other students can have space for having food in time.
- ✗ Avoid use of mobile phone while having food.
- ✗ Avoid using washroom while having food.

Recommended Dietary Allowances for Indian Adults

RDA IN INDIANS

Group	Particulars	Body wt. kg	Net Energy Kcal/d	Protein g/d	Visible Fat g/day	Calcium mg/d	Iron mg/d
Man	Sedentary work	60	2320	60	25	600	17
	Moderate work		2730		30		
	Heavy work		3490		40		
Woman	Sedentary work	55	1900	55	20	600	21
	Moderate work		2230		25		
	Heavy work		2850		30		
	Pregnant woman		+350	82.2	30	1200	3 5
	Lactation 0-6 months		+600	77.9	30	1200	25
	6-12 months		+520	70.2	30		

Personal hygiene essentials



Hand wash



Cover the hair properly



Wear clean uniform



Keep the nails clean and short



Cover cuts with a waterproof dressing



Don't cough or sneeze



Don't smoke



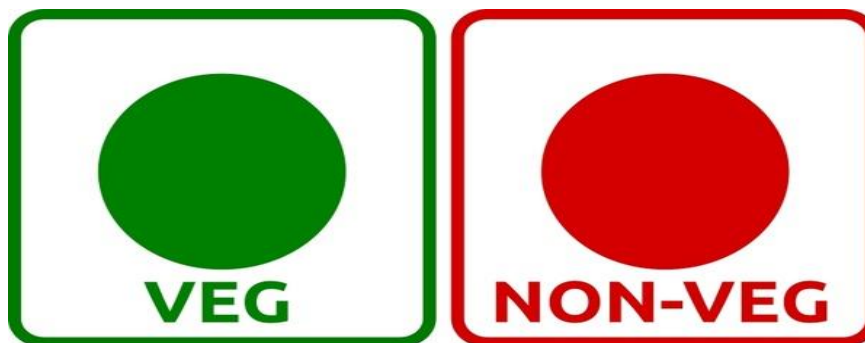
Don't jewellery

**Food Adulteration Stall exhibited by Department of Nutrition & Dietetics,
Faculty of Life Sciences, JSSAHER, Mysuru at Suttur Jatra during 1st to 6th February 2019.**



Twelve Primary Labelling Regulations to Be Observed While Purchasing As Imposed by FSSAI For Any Food Packaging.

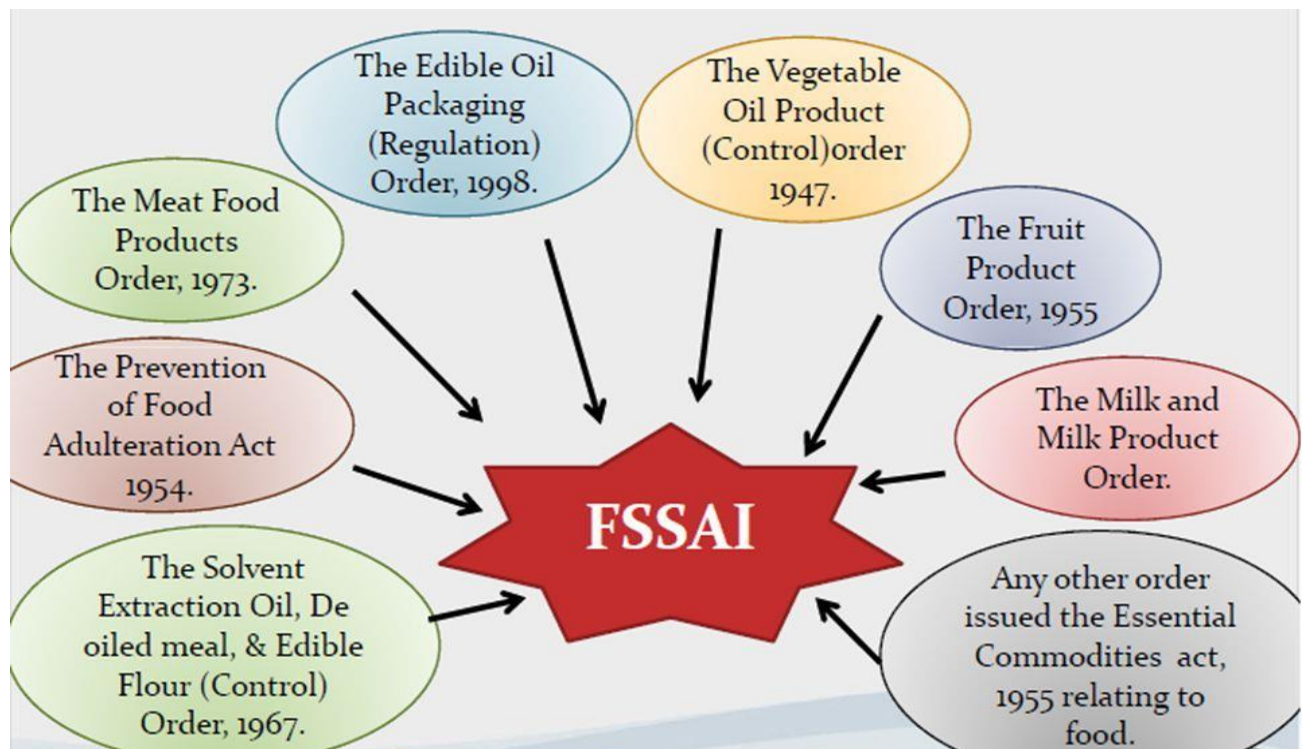
- ✓ Name of the food
- ✓ The list of ingredients
- ✓ Nutritional information
- ✓ Declaration if the food product is vegetarian or not
- ✓ Declaration of the food additives used
- ✓ Name and complete address of the manufacturer
- ✓ Customer care details,
- ✓ Quantity
- ✓ Retail sale price
- ✓ FSSAI logo and license number,
- ✓ Batch identification number, the date of marketing, country of origin
- ✓ The instructions for use.



Nutrition Facts	
Serving Size 2 slices (24g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 530mg	22%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	16%
*Percent Daily Values are based on a 2,000 calorie diet.	
INGREDIENTS: Pork, Water, Salt, Turbinado Sugar, Dextrose, Celery Powder, Sea Salt.	



Fruit Product Order

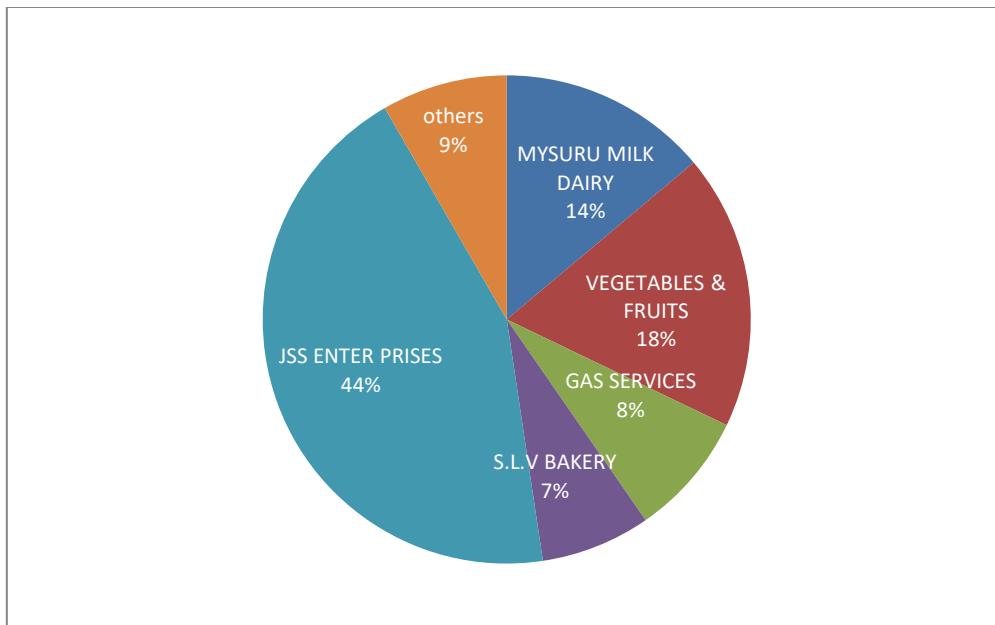


Distribution Pattern of Food and related products purchase at JSSAHER.

The Hostels functioning under the ambit of JSSAHER ensures responsibility in providing hygienic nutritious vegetarian food at very nominal rates and purchases the required food grains, Milk, Fruits, Vegetables Bakery items in the following pattern:

- ✓ with the sister concerned institutes (JSS Enterprises -groceries)
- ✓ with local trusted suppliers (Fruits, Vegetables, Bakery Items)
- ✓ Govt identified agencies (Gas, Milk & related Product)

The distribution pattern of hostel purchases during the year 2020 is depicted below in %.



JSS AHER has obtained FSSAI License for the mess being managed by the academy. The details of License are as detailed below:

Sl. No.	License Applied for hostels at	License No	Period
1	JSSAHER Hostels JSSMI Campus Hostels	11219335000510	25.09.2019 to 24.09.2022
2	JSS AHER Hostels for Men & Women JSSCPM Campus	11219335000513	
3	JSS AHER PG Hostel for Men & Women JSSH Campus	11219335000512	
4	JSS College of Pharmacy Ooty Campus Girls Hostel	12417021000069	28.03.2018 to 23.04.2023
	Boys Hostel	12417021000070	13.04.2018 to 23.04.2023

Nutritional Composition of Food Provided at JSSAHER Hostels

BREAKFAST

(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)

Nutrient Name	Nutritive Value											
	Maggie	Sauce	Upma	Kesari Bath	Sweet Bread	Jam	Toast Bread	Butter (1tbsp)	Poha	Aloo Paratha	Curd	Tomato Curry
Energy (Kcal)	437.00	112	108.40	427.0	124	278	293	293	409.0	264	59.0	18
Protein (Gm)	10.40	1.95	3.12	6.0	22.48	0.4	9	9	7.6	4.75	3.80	1
Carbohydrate (Gm)	63.50	11.27	16.57	85.0	0.0	69	54.4	54.4	70.0	38.17	4.30	4
Total Fat (Gm)	15.70	2.38	3.03	7.0	3.08	0.1	4	4	10.9	10.76	3.0	0.01
Total Dietary Fiber (Gm)	3.90	0.4	3.06	1.40	0.0	1.1	2.5	2.5	2.5	3.3	0	0.7
Total Free Sugars (Gm)	3.40	8.8	1.07	40.0	0.0	49	4.74	4.74	2	4.63	1.3	2.5
Sodium (Mg)	1232.20	481	4.11	290.0	381	32	5.92	5.92	1470	477	371	11
Calcium (Mg)	153.50	27	14.9	8.6	4	20.00	119	119	9	30	137	11.00
Iron (Mg)	3.70	0.85	0.87	0.9	1.23	0.49	3.33	3.33	1.00	2.65	0.2	0.68

Nutrient Name	Nutritive Value											
	Akki Roti	Rava Idli	Masala Dosa	Poori	Idli	Chut-ney	Aloo Curry	Sambar	Vada	Tea (100ml)	Coffee (100ml)	Milk (100ml)
Energy (Kcal)	196	404.0	239.84	296	133.1	837.67	96	63.61	133.1	17	17	62
Protein (Gm)	2.4	10	7.70	7.54	4.07	3.61	2.34	3.15	4.07	0.52	0.18	3.32
Carbohydrate (Gm)	32	73	49.4	46.73	27.69	7.01	17.52	10.38	27.69	2.8	4.04	4.66
Total Fat (Gm)	5.2	8.0	0.59	9.43	0.30	17.58	2.89	0.85	0.30	0.46	0.08	3.35
Total Dietary Fiber (Gm)	1.0	4.25	4.18	4.7	2.14	5.61	3.6	1.96	2.14	0	0	0
Total Free Sugars (Gm)	0	5.7	0.48	0.21	0.6	2.51	1.28	1.76	0.6	2.72	3.7	5.42
Sodium (Mg)	196	860.0	4.73	685	2.38	5.31	440	6.96	2.38	8	3	41
Calcium (Mg)	39.6	29.8	13.48	17	6.77	12.66	61	19.41	6.77	18	6	117
Iron (Mg)	0.2	1	1.12	2.68	0.56	1.19	3.59	0.89	0.56	0.01	0.04	0.03

LUNCH

(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)

Nutrient Name	Nutritive Value										
	Chapati	Dal	Pulao	Raita	Rice	Rasam	Mush-room curry	Rajmah Curry	Moong Curry	Meal Maker Curry	Chole Bature
Energy (Kcal)	170	68.00	110.53	58	351.91	42.56	56	60.68	57.48	337	427K
Protein (Gm)	5.84	3.40	2.7	3	7.81	1.73	3.12	2.95	3.19	49	10.8
Carbohydrate (Gm)	32.5	8.12	20.07	5	76.8	5.10	5.1	6.54	6.02	36	50.3
Total Fat (Gm)	1.55	1.67	1.33	7.21	0.55	1.13	0.22	1.53	1.37	2.4	20.1
Total Dietary Fiber (Gm)	1.2	1.90	1.99	0.5	3.74	1.35	2.1	2.98	1.76	12	12
Total Free Sugars (Gm)	0.65	1.01	1.19	5.09	0.67	1.81	3.5	1.18	0.82	8	9.2
Sodium (Mg)	138	4.77	6.34	372	3.16	4.35	103.9	3.99	3.78	3	16.2
Calcium (Mg)	21	17.15	13.3	85.7	8.11	17.97	3	24.84	11.53	244.0	118
Iron (Mg)	2.03	0.92	0.45	0.4	0.72	0.72	0.5	1.17	0.72	13.70	2.8

Nutrient Name	Nutritive Value						
	Beetroot Palya	Cabbage Palya	Beans Palya	Carrot Palya	Heerekayi Palya	Huruli Palya	Buttermilk
Energy (Kcal)	104.71	73.37	107.44	61	13.15	329.90	62
Protein (Gm)	2.83	1.95	2.73	1.1	0.91	21.73	3.2
Carbohydrate (Gm)	7.62	6.19	2.89	6.5	1.40	48.31	4.9
Total Fat (Gm)	6.80	3.02	8.88	3.9	0.14	0.62	3.3
Total Dietary Fiber (Gm)	4.90	3.29	5.31	1.6	1.81	7.88	0
Total Free Sugars (Gm)	5.04	1.06	1.78	3.1	0.62	0.35	4.9
Sodium (Mg)	68.72	14.97	9.13	317	4.71	12.14	105
Calcium (Mg)	23.06	51.6	50.98	33	13.70	269.00	115.00
Iron (Mg)	1.09	0.73	1.23	0.30	0.42	8.76	0.03

DINNER

(Menu provided including with nutritional composition for all the seven (7) days. Food recipes per 100g of edible portions)

Nutrient Name	Nutritive Value									
	Paneer Curry	Tonde Kayi Playa	Aloo Fry	Ghee Rice	Kurma	Gobi	Fried Rice	Rumali Roti	Pav Bhaji	Papad
Energy (Kcal)	121.49	18	150	188.0	109.47	164.0	163	79	400	371K
Protein (Gm)	6.37	1.57	2	3	2.7	6.1	4.7	2.6	9.4	26
Carbohydrate (Gm)	3.32	3.55	22	19.99	13.2	31.8	31	14.2	57.9	60
Total Fat (Gm)	9.13	0.23	10.1	10.65	6	2.7	2.3	1	14.5	3.3
Total Dietary Fiber (Gm)	0.89	0.9	1.1	0.67	3.9	5.6	1.1	0.1	4.5	19
Total Free Sugars (Gm)	1.0	0.43	0.3	0.9	1	1.4	0.4	0	1.7	0
Sodium (Mg)	2.07	5	7.9	0.6	12	418	396	4.2	170.5	1745
Calcium (Mg)	207.63	30.3	9.8	11.3	50.98	28.4	19	32.2	70.2	143.00
Iron (Mg)	0.93	0.6	0.3	0.4	1.12	1.9	1.39	0.5	2.2	7.80

Nutrient Name	Nutritive Value					
	Jalebi	Gulab Jamun	Watermelon	Orange	Papaya	Banana
Energy (Kcal)	300	410.0	30	97	43	89
Protein (Gm)	4.19	6.58	0.6	0.9	0.5	1.1
Carbohydrate (Gm)	62.36	68.1	7.6	13	11	23
Total Fat (Gm)	4.31	0.40	0.2	0.2	0.3	0.3
Total Dietary Fiber (Gm)	1	12.36	0.4	2.2	1.7	2.6
Total Free Sugars (Gm)	42.77	52.01	6.2	8.5	7.8	12
Sodium (Mg)	146	110	1	1	8	1
Calcium (Mg)	131	221	7.00	43.00	20.00	5.00
Iron (Mg)	0.72	0.37	0.24	0.13	0.25	0.26