JSS Academy of Higher Education & Research (JSS AHER), Mysore, India

Compendium

SDG Goal 2

SUSTAINABLE DEVELOPMENT GOAL 2

ZERO HUNGER

1. Introduction to the goal:

Working to improve food and agriculture can have a substantial impact on the attainment of the other 16 Sustainable Development Goals, as it can help combat climate change, bolster economic growth, and contribute to peace and stability in societies around the world. Currently our soils, fresh water, oceans, forests, and biodiversity are being rapidly degraded. Climate change is putting greater pressure on the resources we depend on, and increasing risks associated with natural disasters. Rural women and men who can no longer make ends meet on their land, are being forced to migrate to cities in search of opportunities. Building resilience against natural disasters will be an important part of the global fight against hunger, as crises exacerbate food insecurity issues in countries affected by them.Goal 2 of the 2030 Sustainable Development agenda seeks to end hunger and all forms of malnutrition, and double agricultural productivity in the next 15 years. Ensuring this sustainable access to nutritious food universally will require sustainable food production and agricultural practices.

2. A glance at efforts:

- Awareness activites on nutrition related health problems in rural and urban communities
- Observation of nutrition week at health centers
- Undertaking research projects on macro and micronutrient deficiencies
- Monitring growth and nutritional status of anganwadi and school children through regular health check-ups.
- Health care at subsidised cost for the people in urban slums through JSS Urban Health Centre
- Dissemination of scientific evidence on nutrition related health problems through research publications
- Ensuring food security to the children in residential school at Suttur through parent organization

3. Scientific programmes organized aligning to this goal:

National Nutrition Week & Nutritional Rehabilitation Centre

Every year National Nutrition Week with the objective to review the frequency of various nutritional problems in the communities, to prevent and control this problem through adaptable training, timely education, seminars, and many other campaigns.Wherein she emphasized about objectives and activities done during National Nutrition week, about POSHAN Abhiyaan, (its key theme and pillars) and five components of POSHAN MAAH 2019 which includes 1) Journey of the first 1000 days of a child 2)Anemia mukt Bharat 3) Diarrhoea Prevention 4) Paushtik Aahar and 5) waSH (wash, sanitation and hygiene).

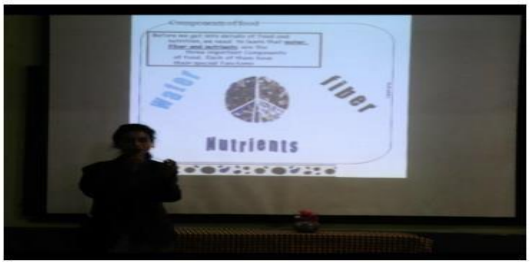
She spoke about NRC where SAM (severe acute malnutrition) children are admitted and managed, the criteria of SAM, their admission, management and discharge, and history and management of two cases of SAM in NRC were discussed in detail. Dr.Rashmi also explained about starter diet used during stabilization phase which promotes recovery of normal metabolic function andnutrition – electrolyte balance and catch-up diet used during transition phase. The overall session was very informative and interactive.

4.Nutrition awareness program

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. Hosting the govt program for providing food and hospitality

Nutrition awareness program : To ensure safe, nutritious and sufficient food , the Rotaract Club of JSSCPO who elucidated about nutrition and health which encompassed the significance and functions of macro & micro nutrients, malnutrition symptoms, following which the children were engaged in “My Healthy Plate” activity where they designed their portion plate. Mr. T Sudharshan, Secretary of the Rotaract Club then described about the junk food and its hazards and ascertained the reduction of junk food from the day to day diet of the children. Ms. Aiswarya Baiju & Ms. Grace Thomas amused by instructing aerobics to the kids. Mr. Keerthi Kishan & Ms. Hemalatha Vasudevan elaborated to the students about the significance of physical activity, lifestyle disorders & hand washing skills, respectively. The students were then stirred to make sandwiches out of fresh vegetables and consume them, after which dates, nuts and stationaries were distributed to the children. Height, weight, and BMI were calculated for all the students and a fair. They were asserted about the importance of nutrition for a virtuous physical & mental health and growth.

Nutrition awareness program



4. Research projects:

- PI: Dr.Anil Bilimale, Asst. Professor, Dept. of Community Medicine, JSSMC, Mysuru

  Title: Survey of IDD (Iodine Deficiency Disorders) in Mysuru

  Funding Agencies: National Health Mission

  Grants: 96,000.00

  Contributing departments: Community Medicine, Biochemistry, JSSMC.

  Status : Completed

- PI: Mr. Mahadevaswamy K.G., Ph.D. Research Scholar, Dept. of Biochemistry

  Title: Comparative Assessment of Phenolic Compounds, Extracted from Millets, For Inhibiting the Growth of Colorectal and Breast Carcinomas

  Funding Agencies: ICMR- Research Fellowship

  Grants: 403200.00

  Contributing departments: Biochemistry, JSSMC.

  Status: Ongoing

5. Medicinal plant exhibition:

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

Medicinal plant exhibition: The department of Pharmacognosy, JSS College of pharmacy conducted the medicinal plants exhibition at the Govt. Botanical garden, Ooty on the event of 123rd flowers show. The exhibition has the intension of creating awareness to the public about the utilization and importance of medicinal plants growing in this biosphere and elsewhere. The medicinal plants exhibition stall was inaugurated by Hon. Governor, His Excellency Sri Banwarilal Purohit. Smt. J. Innocent Divya, Collector of Nilgiris District, Gagandeep Singh Bedi, Secretary to Government, Department of Agriculture, were few of the important personalities visited the stall. The main attraction of the exhibition was exhibiting nearby 100 rare medicinal species, and explaining their use and the important phytoconstituents present in them. The nutritive value of common fruits, pulses, cereals were also displayed. A Snap of Lord Dhanvantari, the God of life, Medicine & Ayurveda, had given an extra professional look to the stall, which was well appreciated by the visitors. Pamphlets on diabetes, cancer were freely distributed to the public. A booklet on “Engal Kudumba Maruthuvam”, consists of extensive information about 79 medicinal plants, authored by Dr APJM Naseema begham, published by TIFAC CORE HD has been exhibited.

6. Students Volunteers:

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. As a part to improve resilient agricultural practices, The JSSCPO NSS Volunteers along with the official of the Forest Department organized the "Tree Plantation Program" under the scheme of "Jalasakthi Abiyan" to create an awareness on tree plantation in Thalaikunda forest area which was initiated by The Nilgiris District Collector Miss. Innocent Dhivya and Assistant Conservative Forest officer.


Tree Plantation Program


7. Pesticide research

Ensure sustainable food production, we also involve in research activities related to the use of pesticides such as organophophates 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.

8.Publications :

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 outreach.

- Roopa Satyanarayan Basutkar, Pooja Sudarsan, Chris Elizabeth Vinod, Resia Varghese, Divya Perumal, S Ponnusankar. The risk of antenatal depression among the iron-deficient anaemic pregnant women: An evolving correlation, Current Medicine Research and Practice ,2019; 9: 150-155.
- Deepalakshmi M., Vignesh Kumar K., Nandini R., Norah HVL Hriatmawii and Arun K.P.* Corticosteroids induced Uterine Bleeding: A Case Report, World Journal of Pharmacy And Pharmaceutical Sciences, May 2019; 8 (5): 1289-1293.
- Roopa BS, Thomas Eipe, Tenzin Tsundue, Divya P, S Ponnusankar Reduced vitamin D levels and iron deficiency anaemia in pregnant women: an evolving correlation, Journal of Young Pharmacists 2019; 11(1): 92-96
- Roopa BS, Tenzin T, Hema S, Anju Rose, S Ponnusankar. Vitamin D supplementation in patients with iron deficiency anaemia: a systematic review and a meta-analysis. Systematic Reviews in Pharmacy 2019; 10 (1): 01-10
- NAYANABAI SHABADI., JOSE JOM THOMAS., SUNIL KUMAR D., NARAYANA MURTHY M R., SHWETHASHREE M., ARUN GOPI, Anaemia prevalence among school children of southern districts of Karnataka, International Journal of Community Medicine and Public Health, Sep. 2019.
- Li J., Ogorodova L.M., Mahesh P.A., Wang M.H., Fedorova O.S., Leung T.F., Fernandez-Rivas M., Mills E.N.C., Potts J., Kummeling I., Comparative Study of Food Allergies in Children from China, India, and Russia: The EuroPrevall-INCO Surveys, Journal of Allergy and Clinical Immunology: In Practice, 2019.
- KRISHNAVENI YS., NARENDRAN MEGHANA., PRAKASH B., NARAYANAMURTHY, Study of Socio-Demographic Factors Effecting under nutrition in Under Five children of Slum in Mysuru−An Exploratory Study, Indian Journal of Public Health Research & Development, Jun. 2019.
- MURTHY NARAYANA., NARENDRAN MEGHANA., KUMAR D SUNIL., KULKARNI PRAVEEN., RENUKA M, Treat the Troika: Does Depression and Malnutrition affect Activities of Daily Living?−A Study among Elderly Soliga Tribes, b. r. Hills, Karnataka, Indian Journal of Public Health Research & Development.

- **Publications on nutrition and diet**-Effect of ketogenic diet on metabolic syndrome – (A review). Manjushree R. Gowda, S. P. Muthukumar, Nagashree K. S, C. SaravanaBabu, European Journal of PharmaceuticalAnd Medical Research/ISSN 2394-3211, 2019; 6(6): 318-322.

9. Details of the book chapters on nutrition

Book chapter Tittle	Authors	Book title	Edited by	Vol/ISBN/Pg No	Indexed in
Autism and Gut-Brain Axis: Role of Probiotics	Saravana Babu Chidambaram., Sunanda Tuladhar., Abid Bhat., Arehally Marappa Mahalakshmi., Bipul Ray.,	Advances in Neurobiology / DOI:10.1 007/978- 3-030- 30402- 7_21	M. Mohamed Essa, M. Walid Qoronfleh	2020;2 4:587- 600	Scopus, Science direct
Protein Nutrition in Autism	SaravanaBabu Chidambaram., Abid Bhat., ArehallyMarappaM ahalakshmi.,Bipul Ray., SunandaTuladhar., B S Sushmitha., B Saravanan.,	Advances in Neurobio logy /DOI: 10.1007/9 78-3-030- 30402- 7_20	M. Mohamed Essa, M. Walid Qo ronfleh	2020;2 4:573- 586	Scopus, Science direct
Mitochondriatargetd drug delivery in neurodeg enerative diseases	SaravanaBabu Chidambaram, Bipul Ray, Abid Bhat, ArehallyMarappaM ahalakshmi, TuladharSunanda	Delivery of Drugs Volume 2: Expectati ons and Realities of Multifunc tional Drug Delivery Systems	RanjitaS hegokar; Capnom ed GmbH, Zimmern, Germany	20202: (2): 97-117	Sco pus, Scie nce dire ct
Role of Oxidative Stress and Antioxidans in Autism	Thamilarasan Manivas agam, SelvarajArunadevi, Mustafa Mohamed Essa, .	Advances in Neuro biology /DOI: 10.1007/9 78-3-030- 30402- 7_20	M. Mohamed Essa, M. WalidQo ronfleh	2020;2 4:193- 206	Scopus, Sciene direct

10. Outreach activities aligning with the Goal

Awareness Sessions on Nutrition Week

Nutrition week was observed in Highway Circle Anganwadi centre . The programme started with a welcome address by Mr. Santosh, Health Inspector, JSS UHC, Medhar Block. The programme was presided by Dr.Champakamalini, MO of JSS UHC, Medhar Block. Health education was given to pregnant women, lactating mothers and mothers of children attending Anganwadi. Dr.Chandana H, postgraduate, Department of Community Medicine, JSSMC gave a talk on importance of consuming nutritious diet during pregnancy and lactation, exclusive breast feeding for six months, complementary feeding and to avoid bottle feeding.

The nutritive value of commonly available food items and balanced diet were discussed. This was followed by an interactive session with the audience were on issues about food taboos during pregnancy and lactation and food faddism were addressed. Session was concluded with vote of thanks by Mr. Santosh.

Food security is ensured for the children staying in the Residential school at Suttur by the organization. JSS Medical College supports these children through their comprehensive health check up, regular health education activities and personality development programmes.

Objectives of the goal:

- Awareness activities on nutrition related health problems in rural and urban communities
- Undertaking research projects on macro and micro nutrient deficiencies
- Dissemination of scientific evidence on nutrition related health problems through research publications
- Providing financial assistance towards food to the children in residential school at Suttur through parent organization

11. Initiatives taken by the institution for preventing the food wastage and zero hunger

- Free food is provided from the boys and girls hostels to kitchen maintenance staff, drivers and gardeners.
- Students should get their own plate and tumbler to have food so as to inculcate the importance of food and not to waste.
- The dishes are prepared at the hostels is as per the participatory approach and is executed by identified prefectors of students.
- A cooking competition was organized at college as part of the pharmafest celebrations to impart knowledge regarding the consumption of nutritious food and its benefits
- As part of the national integration camp around 120 students representing the union territory of Jammu and free food was provided from the college during their visit.
- The staff and students have voluntarily participated in free food distribution at Sutturu Jatra.

12. Scientific programmes organized aligning to this goal

Guest lecture by Dr. Parimala Jaggesh, Founder and Director of 'Ala Mirap Nutrition' which holds the world's first copy right Diet process called G.L.A.M Diet. She explained the importance of hard work to reach ones goals and improve their IQ levels to gain success. She delivered a motivational talk about self discipline for making decision and keep smart goals for 21st century. The skill of four CCCC –critical thinking, creative, collaborate, communication would helpin planning and achievement of the goals in their careers. She emphasized the importance of Information media and technology and their proper use for future development. Finally, she discussed about FLIPS- be Flexible, have Leadership skills, be incentive, productivity and to have Social skills. She concluded her speech by saying "the future is in the young hands"

13. Research publications

Food Chemistry 300 (2019) 125188

Contents lists available at ScienceDirect

Food Chemistry

journal homepage: www.elsevier.com/locate/foodchem

Multivariate response surface methodology assisted modified QuEChERS extraction method for the evaluation of organophosphate pesticides in fruits and vegetables cultivated in Nilgiris, South India

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ARTICLE INFO

Keywords:
Modified QuEChERS method
Liquid chromatography-mass spectrometry
Fruits and vegetables
Plackett-Burman design
Central composite design

ABSTRACT

An effective, simple and sensitive analytical method has been developed employing liquid chromatography coupled with tandem mass spectrometry and validated for estimation of five organophosphate pesticides at trace levels in six fruits and twelve vegetables. Plackett-Burman design and central composite design was used to screen and optimize the significant factors in modified QuEChERS (*quick, easy, cheap, effective, rugged and safe*) extraction method. The method evaluation was done by matrix-matched calibration with linearity ranging from 5 to 500 μg/L with a correlation coefficient more than 0.990. The detection and quantification limit ranged from 0.1 to 1.0 μg/kg and 0.5 to 5 μg/kg, respectively. The mean recoveries were in the range of 76.89–110.30 % with the relative standard deviation less than 13.26% for all pesticides. Further, the method developed was applied to analyze real samples cultivated in the hill areas of Nilgiris, South India.

1. Introduction

Fresh fruits and vegetables are two of the most important nutriment of a healthy diet but in some cases, they become toxic due to the presence of unwanted substance pesticides (Knežević & Serdar, 2009). Nowadays, pesticides are considered as a vital component of modern farming as they play a major role in maintaining high agricultural productivity (Sharifzadeh, Abdollahzadeh, Damalas, & Rezaei, 2018). Among the various classes of pesticides, highly carcinogenic organophosphate class of pesticides is found to be predominant with a usage rate of about 50% in the crop cultivations (Lerro et al., 2015; Ojha & Gupta, 2017). In particular, chlorpyrifos, malathion and profenofos are majorly used in Indian agriculture to prevent crops from pests (Abhilash & Singh, 2009). The level of these pesticide residues are regulated by government authorities (food safety and standard authority of India (FSSAI), European Union (EU), etc.) to minimize the residue levels and for circulation of food commodities treated with pesticides (EU, 2005). Maximum residual levels (MRLs) specify the concentration of pesticides which is legally permitted in food commodities (expressed in mg/kg) based on the data obtained on good agricultural practice. However, in India, no MRLs are specified for some organophosphate pesticides such as acephate, profenofos and quinalphos in fruits and vegetables (FSSAI, 2011).

Traditionally pesticide residues were monitored by gas chromatography (GC) (Osman, Al-Humaid, Al-Rehiayani, & Al-Redhaiman, 2010) coupled with various detectors such as nitrogen-phosphorus detection (NPD) (Sapbamrer & Hongsibsong, 2014), electron capturing detection (ECD) (Farina, Abdullah, Bibi, & Khalik, 2017), flame photometric detection (FPD) (Bakırcı & Hişil, 2012; Sanyal, Rani, Alam, Gujral, & Gupta, 2011) and mass selective detector (MSD) (Kaewsuya, Brewer, Wong, & Morgan, 2013) as the pesticides determined were thermally stable and volatile. Over the past decade, the use of polar pesticides has increased due to its less persistence and high toxicity, which were not found suitable for GC detection methods (poor thermal stability and volatility) (Anastassiades et al., 2013). Hence, liquid chromatography (LC) coupled with mass spectrometry (MS) gained attention as it is preferable for highly polar, low volatile and thermally labile pesticides (Narenderan & Meyyanathan, 2018; Stachniuk & Fornal, 2016). More recently, the coupling of tandem mass spectrometry (MS/MS) with LC is found to be significant than LC-MS because it is capable of differentiating the analyte to the matrix signal more efficiently (Tian et al., 2016).

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Review

Experimental design in pesticide extraction methods: A review

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ARTICLE INFO

Keywords:
Extraction methods
Pesticide residue
Design of experiment
Screening designs
Response surface methodology
Optimization

ABSTRACT

The sample extraction process is considered as the essential step in the pesticide residue analysis, as it provides the base for the detection of the pesticides in trace level. Various factors need to be optimized during the extraction of pesticides due to the complexity of the matrix which is time-consuming and tedious. Therefore, the use of experimental design in the optimization process proves to be effective with minimum experiments and cost. This paper is aimed to overview the experimental designs that are frequently used for screening (*full factorial, fractional factorial, Plackett-Burman Design*) and optimizing (*central composite design, Box-Behnken design, Taguchi design, Doehlert design, D-optimal design*) the most influential factors to provide a sequential understanding of the linear and complex interactions in the pesticide extraction methods. Further, a systematic approach has been discussed about the use of experimental designs in pesticide extraction and also the softwares used for application-oriented readers.

1. Introduction

In recent years, there has been an emerging concern about the increased occurrences of contaminants such as pesticides in food commodities (FAO, 2014). The presence of these detrimental substances in food commodities has proven to be toxic to humans (Boobis et al., 2008; Ntzani, Ntritsos, Chondrogiorgi, Evangelou, & Tzoulaki, 2013). Therefore, several techniques are developed for the detection of pesticide residue such as liquid-liquid extraction (LLE), solid-phase extraction (SPE), solid phase microextraction (SPME), liquid-liquid microextraction (LLME), matrix solid-phase dispersion (MSPD) and QuEChERS (quick, easy, cheap, effective, rugged and safe) extraction method (Narenderan & Meyyanathan, 2018). Despite of the extraction method followed, various factors need to be optimized to produce an efficient method. However, the major drawbacks in the residual analysis is (i) the optimization of the extraction method for complex matrices and (ii) the low analyte levels to be quantified (Hajšlová & Zrostlıkova, 2003). Further, the conventional strategies for optimizing extraction method through univariate approach have some drawbacks such as provide inefficient results as it gives only superficial system optimum. The traditional method also ignores the interaction between various factors during the extraction process and requires multiple runs unnecessarily (Fernandes et al., 2012).

A multivariate technique is routinely applied to optimize the different working conditions in various extraction processes to improve their performance. Experimental designs are found to be the most efficient method in identify and optimizing the significant factors to achieve a competent result due to its advantages such as providing precise information with a minimum number of experimental runs, identifying the factor interactions and allowing multiple response

Abbreviations: ANOVA, analysis of variance; ASE, accelerated solvent extraction; BBD, Box-Behnken design; CCD, central composite design; DLLME, dispersive liquid-liquid microextraction; DNSUAME, dispersive nano solid material-ultrasound assisted microextraction; DSLLME, dispersive solidification liquid-liquid microextraction; F-value, Fisher ratio; FrFD, fractional factorial design; FFD, full factorial design; GCB, graphitized carbon black; HS-SPME, headspace-solid phase microextraction; IL, ionic liquid; LLE, liquid-liquid extraction; LLE-dSPE, liquid-liquid extraction-dispersive solid phase extraction; LLME, liquid-liquid microextraction; $MgSO_4$, magnesium sulphate; MIP-NPs, molecular imprinted polymer nano particle; MISPE, molecular imprinted solid-phase extraction; MSB, magnetic solvent bar; MSPD, matrix solid-phase dispersion; NaCl, sodium chloride; OA, orthogonal array; OCPs, organochlorine pesticides; OPPs, organophosphate pesticides; *p*-value, probability value; P-B design, Plackett-Burman design; PLE, pressurized liquid extraction; PSA, primary secondary amine; QuEChERS, quick easy cheap effective rugged and safe; rpm, rotation per minute; RSD, relative standard deviation; RSM, response surface methodology; SBSE, stir bar sorptive extraction; SC-CO_2, supercritical-carbon dioxide; SDME, single-drop microextraction; SFE, super critical fluid extraction; SPE, solid-phase extraction; SPME, solid phase microextraction;

Publication

DRUGS TESTING LABORATORY

(Approval No. 28 in Form 37, Accredited by NABL, New Delhi, Certificate No. TC-7773)
(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-19/015/2019-20 Date: 18.07.2019

Ar. No. : E-19/015

1. Name of the drug : **Eucalyptus Oil IP**
2. Name and address of supplier : Gyan Industries Eucalyptus oil, Coonoor.
3. Date of receipt of the sample : 09.07.2019
4. Details of raw material finished product :

Control Reference No. : - Date of Mfg. :
Batch No. : Lot No. LR1905050 B Date of Expiry :
Quantity supplied : 25 ml Batch Size :

RESULT OF ANALYSIS

S. No.	Name of the Test	Result	Standard Limit As per IP
1.	Description *	A clear colorless solution	A clear colorless solution
2.	Test for wt/ml*	0.8994	0.897 to 0.924
3.	Test for Cineole content*	54.5% w/w	NLT 60% w/w

In the opinion of the undersigned, the sample referred to above is **not of standard quality** as detailed.

Authorized Signatory :
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

DOES NOT PASS

DRUGS TESTING LABORATORY
(NABL ACCREDITED LAB)
J.S.S COLLEGE OF PHARMACY
UBHAGAMANDALAM - 643 001.

DRUGS TESTING LABORATORY

(Approval No. 28 in Form 37, Accredited by NABL, New Delhi, Certificate No. TC-7773)
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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	Compiles
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 :
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

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UBHAGAMANDALAM - 643 001.

14. Test Report

15. Enhance agricultural productive capacity

Increase investment, including through enhanced international cooperation, in rural infrastructure, agricultural research and extension services, technology development and plant and livestock gene banks in order to enhance agricultural productive capacity in developing countries, in particular least developed countries Correct and prevent trade restrictions and distortions in world agricultural markets, including through the parallel elimination of all forms of agricultural export subsidies and all export measures with equivalent effect, in accordance with the mandate of the Doha Development Round.Department of pharmacognosy, JSS college of Pharmacy maintain a herbarium which contains. The details of therapeutically important plant species and its dried specimen for identification. There are 269 plants belonging to various species and family and the herbarium is regularly maintained and updated.

Medicinal Plant Herbarium

A glimpse on the plant specimens present in herbarium

17.Eommodities as an initiative to support the cause of feeding the affected.

Extreme hunger and malnutrition remains a barrier to sustainable development and creates a trap from which people cannot easily escape. Hunger and malnutrition mean less productive individuals, who are more prone to disease and thus often unable to earn more and improve their livelihoods

JSS Mahavidyapeetha, the Founder Organization of renowned educational institutions beginning from schools to several Higher Educational Institutions has been feeding a large number of school students, visitors and pilgrims (especially poor) on everyday basis since decades. Having inculcated the thoughts of reducing hunger, the Department of Water & Health has been training students to fight malnutrition through simple scientific projects such as Spirulina cultivation. Spirulina are blue - green algae which are well known to contain almost all the nutrients needed for total nourishment. It is a super food which is believed to fight malnutrition even with smaller quantities. Such projects are believed to bring down malnutrition not only among the poorer communities but also among the modern urban communities who are also under nourished due to current lifestyle. During the natural calamities all the faculty members donate a part of their salary in addition to other commodities as an initiative to support the cause of feeding the affected.

18.Young students and entrepreneurs helping the community and supporting SDGs No Poverty, No Hunger

JSS Academy of Higher Education & Research continued to support their venture through timely advices and opportunities to explore the market locally. Soon their commitment towards production of quality Mushrooms and by-products was recognized which eventually propelled them to participate in Asia Pacific Triple E Awards by the Accreditation Council for Entrepreneurial and Engaged Universities, Netherlands. The students emerged as 1st Runner-up under the category "Student Driven Sustainability Project of The Year". It has motivated several other students to take such ideas and more importantly the venture is being visited by a large number of school students and local farmers who are looking for alternative technologies to sustain their agricultural activities which in turn would lead to creation of jobs among several poor families.

Students in the process of making medicinal wine from mushrooms

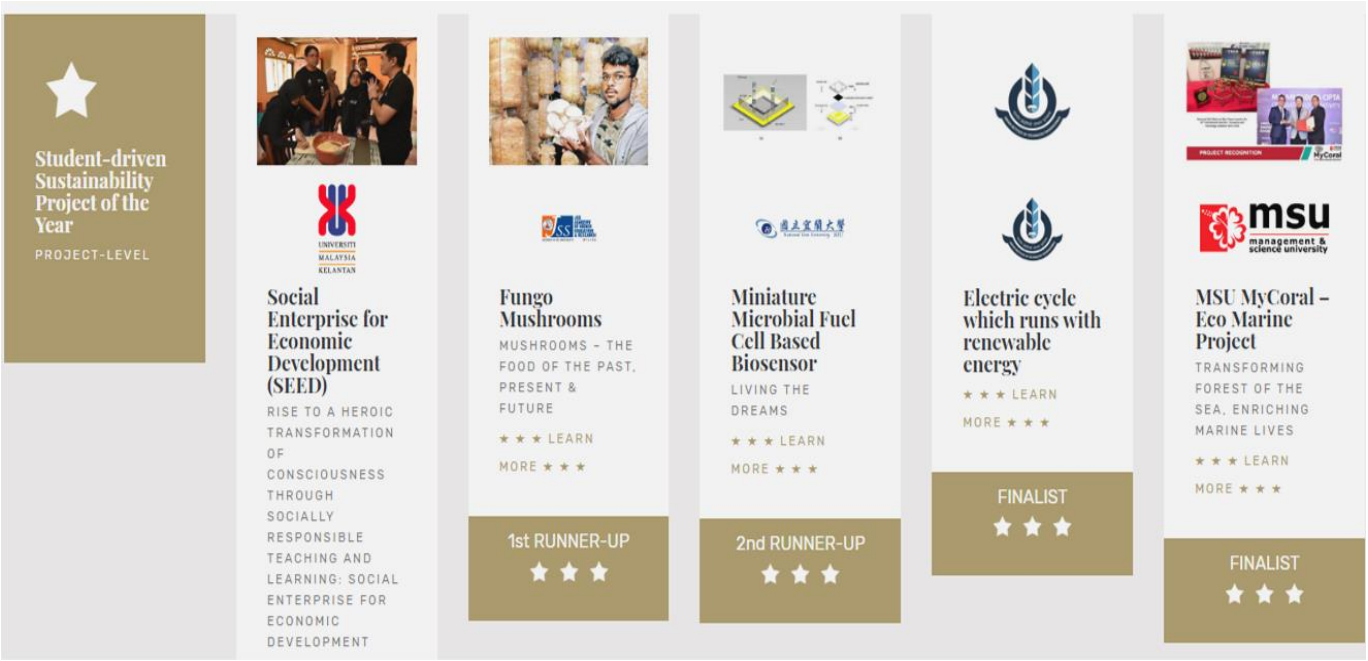
Outcomes

- ✓ Building confidence
- ✓ Sustainability
- ✓ Entreprenuership

Out reach to neighboring rural areas to train SHGs & Entreprenuership

Outcomes

Students in the process of cultivating mushrooms

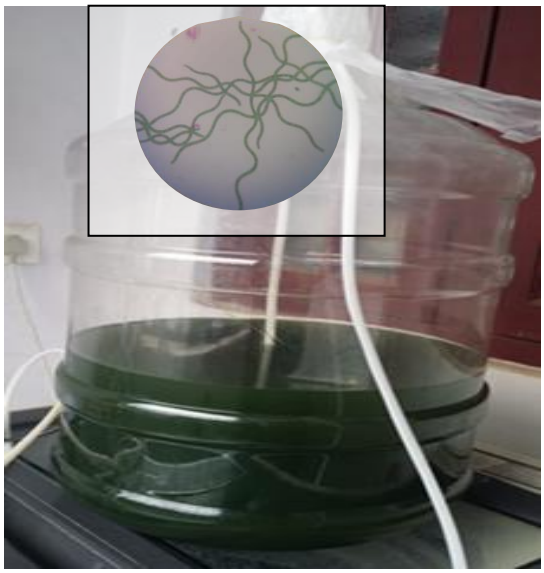


Fungo Mushrooms

Finalist of the Student-driven Sustainability Project of the Year Award

"Mushrooms – The Food of the Past, Present & Future"

Students of Life Sciences were encouraged to cultivate Spirulina in the laboratories and develop food supplements which can further be tested for their nutritional values. A nutrient drink was developed and the same was taken to compete in a Pitch Fest organized by TiE (TiE Global is a non-profit organization devoted to entrepreneurs in all industries, at all stages, from incubation, throughout the entrepreneurial lifecycle) Mysuru chapter for young students and entrepreneurs. The idea of developing the spirulina based nutrient drink was recognized as one among the top five ideas among several participants.




9:40 AM
Posts
tiemysuru
Mysore, Karnataka
MYSURU
FOSTERING
Top 5 Startups
1. Last Ripple
2. Spirulina Nutrisplash
3. The Fresh Vendor
4. AISA
5. Agri Node
Congratulations
to the chosen ones!
We appreciate the efforts and ideas,
and look forward to an exciting
phase ahead!
7 likes
tiemysuru Our hearty congratulations to the shortlisted
startups! Further steps will be communicated by email to the

A Brief Report on KVK Activities

ICAR JSS Krishi Vigyan Kendra, Suttur

Particulars	Photo
Skill Development Programme on FOCT Friends of Coconut Tree (FOCT) skill development training programme has been conducted. Twenty-one participants were participated. In this programme participants learnt about coconut verities, nursery management, climbing of coconut tree using equipment, integrated crop management, integrated pest, and disease management.	
The **six-day event, an integral part of the Jathra, includes live exhibition of crops and technologies, seminars** on issues of contemporary relevance in agriculture sector, including thematic exhibitions, flower shows, agri / horticultural exhibition, cattle fair, display and sale of agricultural inputs, farm implements and equipment's etc. Farmers with distinct achievements are also honoured on the occasion. The Krishimela was organized. **The Mela was laid out on three acres of area**, including one acre of live-crop demonstration plot, one-acre Integrated Farming System (IFS) model and the agri-expo.	

Particulars	Photo
The Krishimela had the following components: **<u>One-Acre IFS Model:</u>** The KVK has developed an IFS model over the last 10 years. The objective of the model is to demonstrate that the small and marginal farmers can grow almost everything on one acre to meet their annual household requirement, except salt. The **model included 108 different crops and 4 allied enterprises** this year. The seasonal crops included cereals, including the exotic super foods, chia, quinoa and Teff -grown for the first time and the Indian super foods – minor millets *(5 species),* pulses, oilseeds, commercial crops, vegetables, medicinal plants as well as fodder crops. The perennials included silver oak, casurina and teak along the fence as source of timber; mango, sapota, banana, pomegranate, lime as sources of fruits, as also drumstick and coconut trees. **In addition, the model included subsidiary enterprises such as small-scale dairy, vermicomposting and azolla units and a farm pond with fish.** **<u>Horticulture Crop Cafeteria:</u>** Various types of vegetables, fruits and flowers were grown on another one-acre land. The crop diversity included **60 different horticultural crops**, including the different native vegetables and the exotic vegetables like lettuce, pakchoy, Chinese cabbage etc. The new addition this year was a demonstration block of GI crops of Mysuru *viz., Nanjangud Rasabale (banana), Mysuru Mallige (Jasmine), Eranagere Badane (brinjal) and Mysuru Chigurele (beetle vine).*	

Particulars	Photo
Indigenous Livestock Breeds: As many as 20 farmers from Mysuru, Chamarajanagar and Mandya districts brought cows, bulls, sheep, and goats for display. The livestock show included cattle breeds *viz., Devani, Sahiwal, Hallikar and Gir, Jalwadi, Sirohi and Jamnapari goat breeds, Bandur sheep as also the ornamental fish species.*	
Agri Expo: As many as **124 stalls were set up and were occupied by 86 different institutions** and individuals. The Agri-Exhibition had display of an array of seeds, fertilizers, pest and disease management technologies and inputs, products and market information related to various crops, specimens, and models. UAS, Bengaluru, development departments *such as agriculture, horticulture, forestry, fishery, sericulture, Zilla Panchayat, private agencies and SHGs* had put up stalls to promote their respective products and services. The Mela included exclusive display and **sale of minor millets through 20 stalls** and a cooking competition where millet recipes were prepared, on the spot.It was an occasion that served many purposes – **introducing new crops, varieties, technologies and agro products for farmers, 'learning by doing'** for the staff of KVK, unfolding crop and biodiversity before the children, inducing interest in farming among urbanites and offering a platform for the people's representatives and religious leaders to express their concerns and interest in farming and farmers. By this way, the KVK is building its visibility across the district and beyond. The Mela inspires farmers and induces confidence among them in successful and sustainable farming.	

Particulars	Photo
The farmers visiting sought for seeds, inputs and more information regarding various crops and received guidance from the KVK technical staff. **About three lakh visitors witnessed the Krishimela and appreciated the diversity of crops, technologies, agencies, and events. Thousands of students obtained practical knowledge,** especially regarding many unseen and unheard-of crops. The one-acre IFS model was particularly appreciated by many visitors and the entire Krishimela received excellent media attention. *The crops, flowers and the 'Selfie Garden' turned out to be the special attractions to many visitors which witnessed thousands of selfie photos.*	
Agri Seminar: A seminar was organized on the main dais of Suttur Jathra Mahotsava on the topic, "Doubling Farmers Income – Opportunities and Challenges' in which four selected farmers from four different districts of Karnataka shared their experiences, while Director, ICAR ATARI (Zone XI) emphasized the significance of science in farmers' successes.	

Particulars	Photo
Nursery Skill development Programme: Skill development programme on nursery was sponsored by the Agriculture Skill India, New Delhi was conducted during. Twenty participants were participated in the vocational training programme. Soil sampling, green housing, layering, nursery at shed net and poly house, green manure etc., topics were covered.	
Training programme on Groundnut One day training programme with method demonstration has been conducted on Groundnut cultivation and seed production technologies at Arakere, K.R. Nagar Taluk. 30 farmers and farmwomen were participated in the programme. Different of varieties of groundnut were shown, seed treatment and integrated crop management practices demonstrated in the programme.	

Particulars	Photo
ICM in Maize, Cotton and Ginger: The training programme on Integrated Crop Management (ICM) in Maize, Cotton and Ginger at **Niluvagilu, H.D. Kote taluk**. Sri. Shamaraj, Scientist (Agronomy) explained about the Integrated Nutrient Management (INM) in Maize, Sri. Satheesh, Scientist (Plant Protection) explained about integrated pest and disease management in Cotton. Sri. Shrinivas Mankani, Scientist (Horticulture) explained about integrated crop management in Ginger. 92 farmers were present in the training programme.	
Training programme on Kitchen Garden: Training programme on Kitchen garden has been conducted at Arakere, K.R. Nagar Taluk. Smt. Netravati Yettinimani, Scientist (Home Science) gave information about importance of vegetables in health management. Value addition on ragi, rice and millets were demonstrated. Smt. H.V. Divya, Scientist (Seed Technology) explained about the seed production technologies on paddy and ragi. 38 farm women were present in the programme.	

Particulars	Photo
Celebration of World Environment Day: The World Environment Day has been conducted in collaboration with **Shivayoga Desi Goshale, Hunsur at Choudikatte, Hunsur Taluk.** More than 150 school students were participated in the programme and prepare seed ball and sown in nearby public areas.	
Value Addition Programme: Value addition programme on **ragi and maize** has been conducted for Self Help Group (SHG) farmwomen in collaboration with Dept. of Agriculture, ATMA Project, Yalandur Taluk, Chamarajanagar district. More than 50 farmwomen were benefited.	

Particulars	Photo
RAWE Programme Hands on training have been conducted for **BSc Agriculture students from Agricultural college**, **Hanumanamatti, Haveri District** under Rural Agriculture Work Experience (RAWE) programme**.** During this programme, students have exposed in maintenance of demonstration units, agri clinic activities, value addition and field visit to farmers fields.	
Natural farming special training programme Two days training programme on Natural farming in collaboration with **Chethana Trust, Mysuru.** During the interaction training some of the topics discussed are natural farming, organic farming, prevention of desi seeds etc., **Twenty-four rural youth farmers** were actively participated in the programme.	

Production technologies in Sugarcane One day training programme has been conducted for sugarcane growers of **Sonahalli and nearby villages of Nanjangud taluk** on sugarcane production technologies. In this programme single eye nursery, integrated crop management, integrated pest and disease management in sugarcane have been taught. **66 farmers** were present in the programme.	
Particulars	**Photo**
Production Technology in Paddy One day training programme has been conducted for paddy growers about **production technology in paddy.** In this training programme right from the seed treatment to harvesting of paddy, the renewed scientists and progressive farmers interacted have interacted. Newly arrived paddy agri implements were also discussed. **More than 8o farmers** were presented in the interactive training programme.	

Parthenium Awareness week JSS KVK, Suttur has observed parthenium awareness week in JSSKVK, Suttur . Staff members, RAWE students from Jaipur agriculture university were participated in the event and uprooting the parthenium plants.	

Particulars	Photo
Millets value addition A training programme on millet value addition at Arakere, K.R. Nagar taluk on . 30 farmwomen selected in different self help group were participated in the programme. Smt. Netravati Yettinamani provide information about foods prepared from millets, value addition and marketing.	
FPO Training Programme Training programme on Farmer Producer Organization members at Ayarahalli, Nanjangud taluk. Integrated crop management on horticulture crops viz., beans, tomato and banana has been taught. More than 70 members were present in the programme.	

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH
(DEEMED TO BE UNIVERSITY) MYSURU

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

Department of Nutrition & Dietetics-FLS, JSS AHER

Education Program/Seminars/Workshops & Conferences Organized/Conducted

S no.	Date and place	Details of the program	Photographs
1	Food Adulteration stall, exhibited by Division of Nutrition & Dietetics, DWH-FLS at Suttur.	Conducted for 6days where the public visiting the stall were educated on various methods of food adulteration such as milk, spices, ghee, butter, ill effects of carbonated beverages, street foods, junk foods and educated on how to read the labelling of food packet.	 
2	Department of Nutrition & Dietetics-FLS, JSS AHER, Agrahara.	Intercollege competition was conducted to commemorate the World Food Day 2020. The competitions held were logo preparation, e poster competition, Nutrition cross word. Dr Sushma appaiah, Convenor, IDA Mysore chapter was invited as judge. Number of Participants: 266 :	
3	Little sister, Old age home, Mysuru, ,	Nutrition camp: was organized in collaboration with Indian Dietetic Association, Mysore Chapter, at , Little sister, Old age home. No. of student Participants: 35 No. of geriatric participants-50.	

		The old age home residents were educated on the dietary practices, simple exercise and yoga postures as part of physical activity. Choosing of the vegetables and fruits, salt, and sugar restrictions	
4	Nutrition camp and NSS program at various surrounding Anganwadi centers of Mysore.	For various Anganwadi centers and primary health care centers the students were educated on the importance of nutrition and its effect on health especially at childhood age. Participants: 40 – 50; Open to public	 
5	Indo – Iran workshop: Recent trends and tools in Dietetics	Indo – Iran workshop: Recent trends and tools in Dietetics. The resource person was Mrs Sara, she has educated students how to use online tools. Number of Participants: 50	
5	Dietetics Day Celebration	To commemorate the Dietetics day in collaboration with JSS Hospital Nutrition & Dietetics and IDA Mysore Chapter has organized nutrition awareness program for the public and patients visiting JSS hospital. Various charts were displayed, on dietary management in dialysis, diabetes, thyroid disorders, diabetes, CVD etc.	 

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

JSS Medical College Girls Hostel

JSS Medical Institutions Campus
Sri Shivarathreeshwara Nagar
Mysuru

Mysore Milk Dairy

Ledger Account

1-Apr-2019 to 30-Jun-2020

Date		Particulars	Vch Type	Vch No.	Debit	Credit
1-4-2019	By	**Opening Balance**				**2,49,577.00**
13-4-2019	To	**SBM-Mess**	Mess Payment	24	2,49,569.00	
		Agst Ref **1945761 dt 1.4.19** **42,279.00** **Dr**				
		Agst Ref **1945770 dt 1.4.19** **2,07,290.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of March 2019.				
30-4-2019	By	**Milk**	Journal	163		2,31,018.00
		New Ref **1964606 dt 1.5.19** **1,87,700.00** **Cr**				
		New Ref **1964596 dt 1.5.19** **43,318.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of April 2019.				
14-5-2019	To	**SBM-Mess**	Mess Payment	67	2,31,018.00	
		Agst Ref **1964596 dt 1.5.19** **43,318.00** **Dr**				
		Agst Ref **1964606 dt 1.5.19** **1,87,700.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of April 2019.				
31-5-2019	By	**Milk**	Journal	295		2,31,396.00
		New Ref **1982714 dt 01.06.19** **1,84,850.00** **Cr**				
		New Ref **1982706 dt 01.06.19** **46,546.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of May 2019.				
13-6-2019	To	**SBM-Mess**	Mess Payment	93	2,31,396.00	
		Agst Ref **1982706 dt 01.06.19** **46,546.00** **Dr**				
		Agst Ref **1982714 dt 01.06.19** **1,84,850.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of May 2019.				
30-6-2019	By	**Milk**	Journal	409		2,09,260.00
		New Ref **2000738 dt 1.7.19** **1,63,730.00** **Cr**				
		New Ref **2000731 dt 1.7.19** **45,530.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of June 2019.				
		Carried Over			7,11,983.00	9,21,251.00

continued ...

Date		Particulars	Vch Type	Vch No.	Debit	Credit
		Brought Forward			7,11,983.00	9,21,251.00
12-7-2019	To	**SBM-Mess**	**Mess Payment**	135	2,09,260.00	
		Agst Ref **2000731 dt 1.7.19** **45,530.00** **Dr**				
		Agst Ref **2000738 dt 1.7.19** **1,63,730.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of June 2019.				
31-7-2019	By	**Milk**	**Journal**	550		2,03,203.00
		New Ref **2019442 dt 1.8.19** **1,56,170.00** **Cr**				
		New Ref **2019433 dt 1.8.19** **47,033.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of July 2019.				
14-8-2019	To	**SBM-Mess**	**Mess Payment**	182	2,03,203.00	
		Agst Ref **2019433 dt 1.8.19** **47,033.00** **Dr**				
		Agst Ref **2019442 dt 1.8.19** **1,56,170.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of July 2019.				
31-8-2019	By	**Milk**	**Journal**	900		2,57,220.00
		New Ref **2039509 dt 1.9.19** **46,287.00** **Cr**				
		New Ref **2039520 dt 1.9.19** **2,10,933.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of August 2019.				
13-9-2019	To	**SBM-Mess**	**Mess Payment**	226	2,57,220.00	
		Agst Ref **2039509 dt 1.9.19** **46,287.00** **Dr**				
		Agst Ref **2039520 dt 1.9.19** **2,10,933.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of August 2019.				
30-9-2019	By	**Milk**	**Journal**	1303		2,30,346.00
		New Ref **2056385 dt 1.10.19** **1,85,500.00** **Cr**				
		New Ref **2056372 dt 1.10.19** **44,846.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of September 2019.				
15-10-2019	To	**SBM-Mess**	**Mess Payment**	267	2,30,346.00	
		Agst Ref **2056372 dt 1.10.19** **44,846.00** **Dr**				
		Agst Ref **2056385 dt 1.10.19** **1,85,500.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of September 2019.				
31-10-2019	By	**Milk**	**Journal**	1422		2,67,105.00
		New Ref **2075821 dt 1.11.19** **2,24,020.00** **Cr**				
		New Ref **2075808 dt 1.11.19** **43,085.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of October 2019.				
		Carried Over			16,12,012.00	18,79,125.00

continued ...

Date		Particulars	Vch Type	Vch No.	Debit	Credit
		Brought Forward			16,12,012.00	18,79,125.00
18-11-2019	To	**SBM-Mess**	**Mess Payment**	311	2,67,705.00	
		Agst Ref **2075808 dt 1.11.19** **43,085.00** **Dr**				
		Agst Ref **2075821 dt 1.11.19** **2,24,020.00** **Dr**				
		Agst Ref **2075821 dt 1.11.19** **600.00** **Dr**				
		Being cheque issued to Mysore Milk Dairy towards supply of milk for the month of October 2019.				
30-11-2019	By	**Milk**	**Journal**	1473		2,81,780.00
		New Ref **2094010 dt 1.12.19** **2,40,400.00** **Cr**				
		New Ref **2094006 dt 1.12.19** **41,380.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of November 2019.				
14-12-2019	To	**SBM-Mess**	**Mess Payment**	348	2,81,180.00	
		Agst Ref **2094010 dt 1.12.19** **2,40,400.00** **Dr**				
		Agst Ref **2094006 dt 1.12.19** **40,780.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of November 2019. (in october 2019 Rs.600 made excess payment so it adjusted to november month payment).				
31-12-2019	By	**Milk**	**Journal**	1513		2,61,122.00
		New Ref **2112774 dt 1.1.20** **2,19,800.00** **Cr**				
		New Ref **2112762 dt 1.1.20** **41,322.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of December 2019.				
14-1-2020	To	**SBM-Mess**	**Mess Payment**	380	2,61,122.00	
		Agst Ref **2112762 dt 1.1.20** **41,322.00** **Dr**				
		Agst Ref **2112774 dt 1.1.20** **2,19,800.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of December 2019.				
31-1-2020	By	**Milk**	**Journal**	1553		2,53,322.00
		New Ref **2132082 dt 01.02.2020** **2,15,925.00** **Cr**				
		New Ref **2132070 dt 01.02.2020** **37,397.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of January 2020.				
13-2-2020	To	**SBM-Mess**	**Mess Payment**	406	2,53,322.00	
		Agst Ref **2132082 dt 01.02.2020** **2,15,925.00** **Dr**				
		Agst Ref **2132070 dt 01.02.2020** **37,397.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of January 2020.				
		Carried Over			26,75,341.00	26,75,349.00

continued ...

Date		Particulars	Vch Type	Vch No.	Debit	Credit
		Brought Forward			26,75,341.00	26,75,349.00
29-2-2020	By	**Milk**	**Journal**	1614		2,49,468.00
		New Ref **2150930 dt 1.3.20** **2,06,590.00** **Cr**				
		New Ref **2150920 dt 1.3.20** **42,878.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of February 2020.				
9-3-2020	To	**SBM-Mess**	**Mess Payment**	455	2,49,468.00	
		Agst Ref **2150920 dt 1.3.20** **42,878.00** **Dr**				
		Agst Ref **2150930 dt 1.3.20** **2,06,590.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of February 2020.				
31-3-2020	By	**Milk**	**Journal**	1658		2,02,158.00
		New Ref **2171153 dt 1.4.20** **1,55,460.00** **Cr**				
		New Ref **2171142 dt 1.4.20** **46,698.00** **Cr**				
		Being cheque payable to Mysore milk dairy towards supply of milk for the month of March 2020.				
					29,24,809.00	31,26,975.00
	To	**Closing Balance**			2,02,166.00	
					31,26,975.00	**31,26,975.00**
1-4-2020	By	**Opening Balance**				**2,02,166.00**
15-4-2020	To	**SBM-Mess**	**Mess Payment**	24	2,02,158.00	
		Agst Ref **2171142 dt 1.4.20** **46,698.00** **Dr**				
		Agst Ref **2171153 dt 1.4.20** **1,55,460.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of March 2020.				
30-4-2020	By	**Milk**	**Journal**	22		1,14,446.00
		New Ref **2204256 dt 1.5.20** **75,430.00** **Cr**				
		New Ref **2204247 dt 1.5.20** **39,016.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of April 2020.				
12-5-2020	To	**SBM-Mess**	**Mess Payment**	36	1,14,446.00	
		Agst Ref **2204247 dt 1.5.20** **39,016.00** **Dr**				
		Agst Ref **2204256 dt 1.5.20** **75,430.00** **Dr**				
		Being cheque issued in favour of Mysore Milk Dairy towards supply of milk for the month of April 2020.				
31-5-2020	By	**Milk**	**Journal**	47		1,10,719.00
		New Ref **2241100 dt 1.6.20** **68,820.00** **Cr**				
		New Ref **2241093 dt 1.6.20** **41,899.00** **Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of May 2020.				
		Carried Over			3,16,604.00	4,27,331.00

continued ...

Date		Particulars	Vch Type	Vch No.	Debit	Credit
		Brought Forward			3,16,604.00	4,27,331.00
17-6-2020	To	**SBM-Mess**	**Mess Payment**	58	1,10,719.00	
		Agst Ref **2241093 dt 1.6.20** **41,899.00 Dr**				
		Agst Ref **2241100 dt 1.6.20** **68,820.00 Dr**				
30-6-2020	By	**Milk**	**Journal**	83		1,15,534.00
		New Ref **2278804 dt 1.7.20** **68,800.00 Cr**				
		New Ref **2278797 dt 1.7.20** **46,734.00 Cr**				
		Being cheque payable to Mysore Milk Dairy towards supply of milk for the month of June 2020.				
					4,27,323.00	5,42,865.00
	To	**Closing Balance**			1,15,542.00	
					5,42,865.00	**5,42,865.00**

Food & Supplies Policy
JSS Academy OF Higher Education & Research

Preamble:

JSS Academy of Higher Education & Research (JSSAHER) is committed to its "JSSAHER Social Responsibility Statement & Vision" to provide sustainable, eco friendly smart campus. The "Food & Supplies Policy" is related to procurement, storage and maintenance of food at (JSSAHER), which is a part of "Smart Campus Policy". This policy provides provisions through which food to be procurement, stored, maintained and delivered to all the constituent colleges and departments of JSSAHER.

JSSAHER and its constituent colleges and departments are responsible in working with suppliers, contractors and partners to minimize environmental effects related to services and supports local suppliers and that all procurements represent value for money. All stakeholders shall assist JSSAHER in meeting the sustainable food & supply policy.

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.

Objective:

JSSAHER ensures that:

- Procurement, storage and maintenance of food is reliable, safe and represent value for money.
- Environmental and social responsibility is factored in to all tenders and contracts and encourages small sized businesses.
- Suppliers are committed to sustainable use of transport, packaging, storing etc. Communication on progress made during the contract period.
- Recycling process for quantities and effective waste reduction.
- Usage of biodegradable packaging whenever possible.
- Recycling and reuse where applicable.
- Minimizing wastage while procurement, storage, maintenance and deliver.
- To serve sustainable food and to reduce plate waste.

Approval& Implementation of the Policy:

This policy has been approved by the Registrar and shall be reviewed annually by Deputy Registrar and shall 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.
- The Deputy Registrar has overall responsibility for the implementation and delivery of the policy within The University's catering department. However, different colleges and departments shall have particular responsibility for managing aspects relevant to the department.
- Responsibility for application of the principles and practical delivery of this policy within the college in general lies with the Administrative Officers.
- Responsibility for application of the principles and practical delivery of this policy within catering services lies with the hostel wardens, catering managers and teams.
- JSSAHER shall promote sustainable food to customers to increase awareness and sales through meetings and workshops.
- Any changes to our 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 to customers.
- 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 amount of disposables used.
- Ensuring tap water and drinking water is available at every catering outlet
- 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 wild species, and avoid damaging natural resources.
- Support a culture of healthy eating
- Provide social benefits, such as good quality food, safe and healthy products, and educational opportunities
- Sustainable procurement is partly about buying and sourcing green products but it's also about ensuring energy and resource efficiency as well as long term cost effectiveness.
- Fair-trade on better prices, decent working conditions and local sustainability.
- Saving costs measured across the whole lifecycle of a product
- Decisions on procurement and accreditation should be made on the basis of 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 and 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 October 2016. 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.

JSS ACADEMY OF HIGHER EDUCATION AND RESEARCH
(Accredited 'A+' Grade by NAAC)
JSS COLLEGE OF PHARMACY, OOTACAMUND
(An ISO 9001:2008 Certified Institution)

BOYS HOSTEL FOOD MENU

WEEK 1 & 3

DAY	BREAKFAST	LUNCH	DINNER
MON	Pongal, Coconut Chutney, Sambar, Black Grad Dhal Masala Vada	Rice, Sambar, Rasam, Buttermilk, , Chapatti,Dhal, Green Salad (Onion, Tomato, Cucumber)	Idly, Tomato Curry, podina Chutney/Ground Nut Chutney, Rice, Rasam, Buttermilk
TUE	Set Dosa, Tomato Chutney, Coconut Chutney	Chapatti, Vegetable Curry, Rice, Sambar, Rasam, Buttermilk, Coconut Chutney	Bread Crumps Biriyani, Plain Kuruma, Onion Raitha, Rice, Rasam, Potato Chips, buttermilk
WED	Dosa, Sambar, Chutney	Rice, Horse Gram Dhal (Kollu) Sambar, Rasam, Curd, Ghee, Cabbage Poriyal ,Green Salad (Onion, Tomato, Cucumber)	Chapatti, Paneergravy, Rice, Rasam, Buttermilk
THU	Noodles (Yippie) With Less Carrot & Beans, Tomato Sauce	Rice, Kerala Rice, Aloo Varuval, Sambar, Rasam, Curd, Papad,	Chilly Parota, Raitha, Rice, Rasam,Butermilk
FRI	Idly, Red Chutney (Onion+Tomato+chilly less spicy), Sambar, Uddinavada	Chapatti, Rajma Curry, Rice, Sambar, Rasam, Buttermilk, Green Salad (Onion, Tomato, Cucumber), Coconut Chutney	Dosa, Coconut Chutney, Sambar, Onion Chutney, Fruit (Seasonal) , buttermilk, Rice, Rasam
SAT	Bread, Butter, Jam, Bread Toast, Tomato Curry, Banana	Rice, Kerala Rice, Mor kulambu, Rasam, Poori, Chenna masala	Maggi Noodles, Curd rice with fruit, buttermilk
SUN	Masala Dosa, Coconut Chutney, Sambar	Curd rice, Purp Rice, Tube Vadagum	Chapatti, Coconut Chutney,Carliflower gravy, Rice, Rasam, buttermilk

WEEK 2 & 4

DAY	BREAKFAST	LUNCH	DINNER
MON	Pongal, Chutney, Sambar, Masala Vada	Rice, Sambar, Rasam, Curd, Beetroot Poriyal,Chapati, Green Salad (Onion, Tomato, Cucumber)	Veg Dosa, Coconut Chutney, Sambar, Rice Rasam, Buttermilk
TUE	Puttu, Sundal Kurma, Banana, Kesari	Chapati, Yellow Dhal(Tadka), Rice, Sambar, Rasam, Buttermilk, Banana Poriyal	Mushroom Biriyani, Plain Kuruma, Onion Raitha, Rice, Rasam, Potato Chips, buttermilk
WED	Noodles (Yippie) With Less Carrot & Beans, Tomato Sauce	Rice, Horse Gram Dhal (Kollu) Sambar, Rasam, Butter milk, Ladies finger-potato poriyal,Green Salad (Onion, Tomato, Cucumber),Coconut Chutney	Chapatti, Green Peas Masala with Potato, Rice, Rasam, buttermilk
THU	Godama Dosa, Chutney, Small Soya Kurma,	Rice, Kerala Rice, carrot bean poriyal,Sambar, Rasam, Curd, Papad	Poori with Chenna masala,Cocunut Chutney
FRI	Idly, Red Chutney (Onion+Tomato+chilly less spicy), Sambar, Uddinavada	Chapatti, Rajma Curry, Rice, Sambar, Rasam,Buttermilk, Green salad (Onion, Tomato, Cucumber),Coconut Chutney	Dosa, Coconut Chutney, Sambar, onion Chutney, Fruit (Seasonal), Buttermilk, Rice, Rasam
SAT	Bread, Butter, Jam, Bread Toast, Tomato Curry, Banana	Rice, Kerala Rice, Mor Kulambu, Rasam,Karamani, brinjal Poriyal,Poori with aloo masala	Maggi Noodles, Curd rice with fruit, buttermilk
SUN	Masala Dosa, Coconut Chutney, Sambar	Ghee Rice , Veg Kurma, CurdRice, Frymes	Chapatti,Dhal, Rice, Rasam, Coconut Chutney, buttermilk

SNACKS: Thursday: Milkbikis biscuits **Sunday:** Samosa, Cutlet, Burger
SWEETS (ON WEDNESSDAY NIGHT): Dry Jamun, Ice Cream, GG Dhal Payasam, Fruit Salad with Ice cream
Daily Morning and Evening Beverages: TEA: 6L **COFFEE:**15L **MILK:**4L **PICKLES:** Mango, Lemon, Garlic
Mess Timing: Morning:8.00-9.30, **Afternoon:** 12.30-2.00 **Night:** 7.30-9.00
RICE: 40% Boiled rice and 60% Raw rice

STUDENTS SECRETARY WARDEN ADMINISTRATIVE OFFICER PRINCIPAL

JSS ACADEMY OF HIGHER EDUCATION AND RREASEARCH
(Accredited 'A+' grade by NAAC)
JSS COLLEGE OF PHARMACY, OOTACAMUND
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BOYS HOSTEL FOOD MENU

WEEK 1 & 3

DAY	BREAKFAST	LUNCH	DINNER
MON	Pongal, Coconut Chutney, Sambar, Gram Dhal, Masala Vada	Rice, Sambar, Rasam, Butter milk, Chapathi, Dhal, Green salad(Onion, Tomato, Cucumber, Carrot)	Idly, Tomato Curry,Pudina chutney/groundnut chutney, Rice, Rasam , Buttermilk
TUE	Plain Dosa,Coconut Chutney, sambar	Chapathi, Vegetable curry, Rice, sambar, Rasam, Buttermilk	Bread crumps Briyani, Plain Kuruma, Onion Raitha, Rice, Rasam, Potato chips , Buttermilk
WED	Rava upma, Kesari, Banana	Rice, Pulikulambu (Ladies Finger), Rasam, Cabbage Poriyal, Curd	Chapathi, Paneer Gravy, Rice, Rasam , Buttermilk
THU	Wheat Dosa, Soya Kuruma, Chutney	Rice, Kerala Rice, Aloo Varuval, Sambar, Rasam, Curd, Papad	Parota, Salna, Rice, Rasam, Butter milk
FRI	Idly, Medhu vada, Sambar, Ground nut Chutney	Chapathi, Rajma Curry, Rice, Sambar, Rasam, Buttermilk, Green salad (Onion, Tomato, Cucumber, Carrot)	Onion Dosa, Coconut Chutney, Onion Chutney, Sambar ,Butter milk, Rice, Rasam, FRUIT(seasonal)
SAT	Bread, Butter, Jam, Bread Toast, Tomato Curry, Banana, Corn Flakes, Milk	Rice, Kerala rice, Sambar, Curd, Rasam, Poori with Chicken (Soya) Kolambu / Fish (Soya) kolambu	Lemon Rice, Curd rice,Masala papad / Vadagam
SUN	Masala dosa, Coconut chutney, Sambar	Soya biryani, Onion Raitha, Frymes	Chapathi, Coconut chutney, Cauliflower Gravy, Rice, Rasam, Buttermilk

WEEK 2 & 4

DAY	BREAKFAST	LUNCH	DINNER
MON	Pongal, Coconut Chutney, Sambar, Gram Dhal, Masala Vada	Rice, Sambar, Rasam, Curd, Chapathi, Beetroot Poriyal, Green salad(Onion, Tomato, Cucumber, Carrot)	Veg Dosa, Coconut Chutney, Sambar, Rice, Rasam, Butermilk
TUE	Puttu, Sundal Kuruma, Appam, Tomato Chutney	Chapathi, Yellow Dhal , Rice, sambar, Rasam, Buttermilk, Banana Poriyal	Mushroom Briyani, Plain Kuruma, Onion Raitha, Rice, Rasam, Potato chips , Buttermilk
WED	Poha Upma,Coconut Chutney, Lemon Cut Pieces, Banana	Rice, Pulikulambu (Brinjal), Rasam, Aloo Fry, Curd	Chapathi, Green peas Masala with potato, Rice, Rasam , Buttermilk
THU	Ragi Dosa, Ground nut chutney, Soya Kuruma	Rice, Kerala Rice, Carrot Bean poriyal, Sambar, Rasam, Curd, Papad	Fried rice, Potato chips, Tomato Sauce
FRI	Idly, Medhu vada, Tomato Sambar,Coconut Chutney	Chapathi, Rajma Curry, Rice, Sambar, Rasam, Buttermilk, Green salad (Onion, Tomato, Cucumber, Carrot)	Onion Dosa, Coconut Chutney, Chilly Chutney, Sambar ,Butter milk, Rice, Rasam, FRUIT(seasonal)
SAT	Bread, Butter, Jam, Bread Toast, Tomato Curry, Banana, Corn Flakes, Milk	Rice, Kerala rice, Sambar, Curd, Rasam, Poori with Chenna Masala, Brinjal Poriyal	Tomato Rice, Curd rice,Masala papad / Vadagam
SUN	Masala dosa, Coconut chutney, Sambar	Soya biryani, Onion Raitha, Frymes	Chapathi, Coconut chutney, Tomato Curry, Rice, Rasam, Buttermilk

SNACKS : TUESDAY- SUNFEAST BISCUITS , THURSDAY- GOODDAY BISCUITS, SUNDAY-SAMOSA, TEA CAKE, VEG PUFF, COCONUT BALLS
SWEETS : WEDNESDAY NIGHT- CUP ICE(VANILLA), , DHAL PAYASAM, CHOCO BAR, FRUIT SALAD WITH ICE CREAM
Daily morning and evening beverages: TEA -6L, COFFEE-19L ,MILK -5 L
MESS TIMINGS: MORNING-8:00 -9:30AM, AFTERNOON -12:30-2:00 PM, NIGHT-7:00-8:30 PM

STUDENTS SECRETORY **WARDEN** **ADMIN OFFICER** **ASSISTANT WAREN** **PRINCIPAL**

JSS COLLEGE OF PHARMACY, OOTACAMUND
BOYS HOSTEL MESS MENU
WEEK 1 & 3

	Breakfast	Lunch	Dinner
Mon	Pongal, coconut chutney, sambar, gram dhal masalavada	Rice, sambar, rasam, buttermilk Chapathi, dhal, green salad(onion Tomato cucumber, carrot)	Idly, tomato curry, pudhina chutney / groundnut chutney rice, rasam, buttermilk, Green gram dhal for 50 people only, podi
Tue	Plaindosa, coconut chutney, sambar,	Chapathi, Aaloo Bhindi masala, rice, sambar, rasam, butter milk	Vegetable Biriyani, plain kuruma, onion raitha, rasam, potato chips,buttermilk
Wed	Rava upma, kesari, banana, coconut chutney	Rice,pulikolambu(ladiesfinger), Rasam, cabbageporiyal, curd ,	Chapathi, paneer gravy, rice,rasam, buttermilk
Thurs	Maggie noodles	Rice, kerala rice, aloovaruval, Sambar, rasam ,curd, Appalam	Parotta,salna, rice, rasam, buttermilk
Fri	Idly, medhuvada, sambar, coconut chutney, podi	Chapathi, rajmacurry, rice, rasam, Buttermilk, green salad, (onion Cucumber, carrot)	Uthappam, coconut chutney, onionchutney , sambar, buttermilk, rice ,rasam, fruit (seasonal), podi
Sat	Bread, butter, Jam, bread toast, banana, tomatocurry, cornflakes, milk	Rice, kerala rice, More Kulambu, poori with chicken(soya)kolambu/fish (soya) kolambu	Rice, Rasam, Tomato gravy, fryums, Butter milk
Sun	Masala dosa, Coconut chutney, sambar	Soya biriyani, Raitha, Potato chips	Chapathi, coconut chutney, White Channa masala, rice, rasam, buttermilk

Week 2 & 4

	Breakfast	Lunch	Dinner
Mon	Kichidi , coconut chutney. sambar, gram dhal masalavada	Rice, sambar, rasam, Curd, Chapathi, beetroot poriyal, green salad(onion Tomato cucumber, carrot)	Plain Uthappam, podi, cocnut chutney rice, rasam, butter milk
Tues	Puttu, sundalkuruma, appam ,tomatocurry	Chapathi, Aaloo Bhindi masala, rice, sambar, rasam, butter milk, banana poriyal	mushroom biriyani, plain kuruma, onion raitha, rasam, potato chips,butter milk
Wed	Rava upma, kesari,banana	Rice,pulikolambu(bringal), Rasam, aloo fry, curd ,	Chapathi, green peas masala with potato, rice,rasam, buttermilk
Thurs	Wheatdosa, soya kuruma, chutney	Rice, kerala rice, carrot bean poriyal, Sambar, rasam ,curd, Appalam	Fried rice , potato chips, tomato sauce
Fri	Idly, medhuvada, tomato sambar, coconut chutney, podi	Chapathi, rajmacurry, rice,sambar rasam, Buttermilk, green salad, (onion Cucumber, carrot)	Uthappam, podi, coconut chutney, Chilli chutney sambar, buttermilk, rice,rasam, fruit (seasonal)
Sat	Bread, butter, Jam, bread toast,banana, tomatocurry, cornflakes, milk	Rice, kerala rice, More Kulambu, poori, chaana masala, brinjal poriyal	Jeera rice and yellow dhal
Sun	Masala dosa, Coconut chutney, sambar	Soya biriyani, Raitha, Potato chips	Chapathi, tomato curry, cocanut chutney, rice, rasam, buttermilk

SNACKS: MON: Good day Biscuit; TUE: Puffs/Coconut ball/Tea cake/Samosa, THURS: 20/20 Sunfeast Biscuit
SWEETS: WED: Cup Ice (vennila) / Semiya Payasam / Fruit salad/ Chocobar Ice cream
Daily morning and evening beverages: TEA 6L COFFEE 19L MILK 5L
Mess Timings: Morning – 8:00 to 9:30, Afternoon – 12:30 to 2:00, Night – 7:00 to 8:30

STUDENT SECRETORY WARDEN ADMIN OFFICER ASSISTANT WARDEN PRINCIPAL

JSS CollegeOf Pharmacy, Girls Hostel Ooty

With Effect From 09-07-2018 (Week 1 And 3)

Day	Breakfast	Lunch	Dinner
Monday	Pongal, Vada, Chutney, Sambar	Kerala Rice, Plain Rice, Aloo Fry, Rasam, Morucolambu, Pappad	Chapathi & Paneer, Butter Masala Curry, Lemon, onion
Tuesday	Bread (Toasted & Non Toasted), Butter, Jam, Vegetable Curry, Pudhina Chutney, Vegetables	Plain Rice, Dal, Rasam, Curd, Chapathi, Banana Fry.	Idly ,Sambar, Lemon Rice, Chutney, Rasam, Curd
Wednesday	Wheat Dosa, Peanut Chutney, Soyamasala Curry (Trial)	Plain Rice, Kerala Rice, Sambar, Rasam, Green Gram, Curd	Poha Fry & Aloo Fry, Chutney, China Noodles, Tomoto Sauce, Lemon
Thursday	Uppuma, Chutney, Kesari Lemon, Banana	Rice Chapathi, Ash gaurd kootu, Curd, Rasam	Ghee Roast, Sambar, Red Chutney, Seasonal Fruits
Friday	Appam, Chickpea Curry, Chutney	Rice, Kerala Rice, Rasam, Ladies Finger Fry, Morucolambu, Pappad	Chapathi, Vegetable Curry, Lemon, Onion
Saturday	Idli, Vada, Sambar & Chutney	Plain Rice, Sambar, Chapathi, potato Fry, Curd, Rasam	Soya Biriyani, Raitha & Aloo Chips
Sunday	Vegetable Uthappam. Sambar, Chutney	Plain Rice, Pappad, Curd, Mixed Vegetable Porial, Plain Gravy (60 Persons)	Variety Rice / methi Rice, Salad & Curd Rice

Evening Snacks:

Monday	**Lays Orange Flavour**
Tuesday	**Plain Tea Cake**
Thursday	**Samosa / Cut Let**
Friday	**Kara – Pori**

Sweets: Sunday:

Week 1	**Ice Cream**
Week 2	**Fruits Salad**
Week 3	**Gulab Jamun (Dry)**
Week 4	**Indian Sweet, Laddu / Jelebi**

Pickle: Mango / Lemon / Garlic.

Morning: Milk & Coffee Powder. **Evening:** Tea & Milk. **Lunch & Dinner:** White Rice & Curd Rasam

Student's Secretary | **Warden** | **Administrative officer** | **Principal**

JSS CollegeOf Pharmacy, Girls Hostel Ooty

With Effect From 09-07-2018 (Week 2 And 4)

Day	Breakfast	Lunch	Dinner
Monday	Onion Dosa, Chutney, Sambar	Kerala Rice, Plain Rice, Rasam, Sambar, Curd, Kothavarai Kai / Avarai Kai / Long Beans Chotta Kai poriyal, Pappad	Mushroom Biriyani, Raitha, Aloo Chips, Tomoto Sauce
Tuesday	Idli, Vada, Sambar & Chutney	Plain Rice, Chapathi carrot, Green Peas Curry, Rasam, Curd	Ghee Roast, Sambar & Chilly Chutney, Seasonal Fruits
Wednesday	Pongal, Vada, Chutney, Sambar	Kerala Rice, Soya Chunksporiyal, Rasam, Morucolambu, Sambar, Pappad	Chapathi & Rajma Gravy
Thursday	Rava Idli, Coconut Chutney, Tomoto Chutney	Plain Rice, Dal, Chapathi, Rasam, Curd (Kovakai) poriyal	Vegetables Fried Rice 7 Vegetable Curry, French Fries
Friday	Puttu & Chik Pea & Idiyappam, Chutney, Banana	Kerala Rice, Plain Rice, Horse Gram Rasam, Curd Pappad	Noodles (Maggi) & Tamarind Rice, Tomoto Sauce
Saturday	Appam, Chickpea Curry, Chutney	Chapathi, Plain Rice, Green Gram Curry, Channa Poriyal, Curd	Variety Rice / Tomoto Rice, Chutney
Sunday	Masala Dosa, Sambar, Chutney	Ghee Rice, Curd Rice & Pappad, Vegetable salad	Puri Channa Masala

Evening Snacks:

Monday	**Lays Orange Flavour**
Tuesday	**Plain Tea Cake**
Thursday	**Samosa / Cut Let**
Friday	**Kara – Pori**

Sweets: Sunday:

Week 1	**Ice Cream**
Week 2	**Fruits Salad**
Week 3	**Gulab Jamun (Dry)**
Week 4	**Indian Sweet, Laddu / Jelebi**

Pickle: Mango / Lemon / Garlic.

Morning: Milk & Coffee Powder. **Evening:** Tea & Milk. **Lunch & Dinner:** White Rice & Curd Rasam

M.R.
Student's Secretary

N Krishnamani
Warden

Administrative officer

Principal

JSS College of Pharmacy, Girls Hostel Ooty

With Effect From 01-08-2019 (Week 1 And 3)

Day	Breakfast	Lunch	Dinner
Monday	Onion Dosa, Sambar, Chutney	Kerala Rice, Plain Rice, Rasam, Curd, Kara Kozhambu, Potato Fry, Pappad	Chapathi, Paneer Curry, Dal,Jam
Tuesday	Idly, Vada, Sambar, Red Chutney	Plain Rice, Chapathi, Spinach & Dal Sambar, Cabbage Poriyal, Rasam, Curd	Ghee Roast, Tomato Chutney, Sambar, Seasonal Fruits
Wednesday	Appam, Chick Pea Curry, Chutney	Kerala Rice, Plain Rice, Sambar, Beetroot/Carrot Poriyal, Rasam, Curd	Maggi(Without Vegetables), Lemon Rice, Ladies Finger Chips
Thursday	Ragi Dosa, Onion-Tomato Curry, Chilli Chutney, Banana	Plain Rice, Chapathi, Green Peas Curry, Potato & Ladies Finger Fry, Rasam, Curd	Idly,,Vegetable Kurma, Tomato Chutney, Tamarind Rice
Friday	Idiyappam, Semiya Upma, Chick Pea Curry, Coconut Chutney	Kerala Rice, Plain Rice, Moru Kozhambu, Aviyal, Rasam, Curd, Pappad	Rava/Chola Dosa, Sambar, Pudhina Chutney
Saturday	Pongal, Vada, Sambar, Coconut Chutney	Mushroom Biriyani, Raitha, Aloo Chips	Chilli Parotta, Poha, Coconut Chutney
Sunday	Masala Dosa, Sambar, Coconut Chutney	Coconut Rice,Tomato Rice,Pappad	Poori, Aloo Curry

Evening Snacks:

Monday	**Lays with different Flavour**
Tuesday	**Boiled Corn/ Kachori**
Thursday	**Samosa**
Friday	**Groundnut/Chick Pea(Sundal)**

Sweets: Sunday:

Week 1	**Palkova(Milk Sweet)/ (Yellow/Motichoor)Ladoo**
Week 2	**Fruits Salad**
Week 3	**Ice Cream(Chocobar/Cone)**
Week 4	**Semiya Payasam/Rice Payasam/Kheer**

Pickle: Mango / Lemon / Garlic/Ginger.

Morning: Milk & Coffee Powder. **Evening:** Tea & Milk. **Lunch & Dinner:** White Rice, Curd& Rasam

Kavitha

N. Krishnaveni

Student's Secretary **Warden** **Administrative officer** **Principal**

JSS College of Pharmacy, Girls Hostel Ooty

With Effect From 01-08-2019 (Week 2 And 4)

Day	Breakfast	Lunch	Dinner
Monday	Adai/Onion Dosa, Chick Pea Curry, Coconut Chutney	Kerala Rice, Plain Rice, Sambar, Green Gram Poriyal, Rasam, Curd	Maggi(Without Vegetables), Tomato Rice, Potato Finger Chips
Tuesday	Idly, Vada, Sambar, Chutney, Poha	Plain Rice, Chapathi, Dal, Puli Kozhambu, Brinjal Fry, Rasam, Curd	Ghee Roast, Tomato Chutney, Sambar, Seasonal Fruits
Wednesday	Pongal, Vada, Sambar, Chutney	Kerala Rice, Plain Rice, Rasam, Curd, Chick Pea Curry, Potato Fry, Pappad	Chapathi, Onion-Tomato-Chilli Curry, Dal,Jam
Thursday	Bread, Butter, Jam, Corn Flakes, Stew/Tomato-Potato Curry	Plain Rice, Chapathi, Green Peas Curry, Potato & Ladies Finger Fry, Rasam, Curd	Rava/Chola Dosa, Sambar, Pudhina Chutney
Friday	Wheat Dosa, Soya Curry, Groundnut Chutney	Kerala Rice, Plain Rice, Moru Kozhambu, Banana Poriyal, Rasam, Curd, Pappad	Idly, Kurma, Tomato Chutney, Tamarind Rice
Saturday	Puttu, Semiya Upma, Chick Pea Curry, Chutney, Banana	Soya Biriyani, Raitha, Aloo Chips	Parotta, Soya Chunk Chicken Masala, Poha
Sunday	Masala Dosa, Sambar, Chutney	Brinjal Rice + Raitha /Plain Rice, Dal, Cabbage Poriyal	Poori, Channa Curry

Evening Snacks:

Monday	**Lays with different Flavour**
Tuesday	**Boiled Corn/ Kachori**
Thursday	**Samosa**
Friday	**Groundnut/Chick Pea(Sundal)**

Sweets: Sunday:

Week 1	**Palkova(Milk Sweet)/ (Yellow/Motichoor)Ladoo**
Week 2	**Fruits Salad**
Week 3	**Ice Cream(Chocobar/Cone)**
Week 4	**Semiya Payasam/Rice Payasam/Kheer**

Pickle: Mango / Lemon / Garlic.

Morning: Milk & Coffee Powder. **Evening:** Tea & Milk. **Lunch & Dinner:** White Rice ,Curd &Rasam

Student's Secretary | N Krishnaveni **Warden** | **Administrative officer** | **Principal**

JSS College of Pharmacy, Girls Hostel Ooty

With Effective from January 2020 (Week 1 & 3)

Day	Breakfast	Lunch	Dinner
Monday	Onion Dosa, Sambar, Coconut Chutney	Kerala Rice, Plain Rice, Rasam, Curd, Kara Kozhambu, Potato Fry, Pappad	Vegetable biriyani with ghee, Raitha Chips
Tuesday	Idly, Vada, Sambar, Red Chutney, Poha	Plain Rice, Chapathi, Spinach & Dal Sambar, Cabbage Poriyal, 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	Maggi, Methi Rice, Raitha Chips
Thursday	Bread, Potato curry, Carrot+ Onions+ Tomato, Pudhina Chutney, Jam, Plain Ragi malt	Plain Rice, Chapathi, Green Peas Curry, Aviyal, , Rasam, Curd	Rava Dosa, Sambar, Chutney
Friday	Idiyappam, Upma, Chick Pea Curry, Coconut Chutney, Kesari, Banana	Kerala Rice, Plain Rice, Moru Kozhambu, Potato & Ladies Finger Fry , Rasam, Curd, Pappad	Bisibelabath, Boondi, Tamarind Rice
Saturday	Appam, Chick Pea Curry, Chutney	Mushroom Biriyani, Raitha, Aloo Chips	Chapathi, Paneer Curry, Dal
Sunday	Masala Dosa, Sambar, Coconut Chutney	Coconut Rice, Tomato Rice with ghee, Raitha Chips	Poori, Aloo Curry

Evening Snacks

Monday	Popcorn
Tuesday	Tea cake/ Sweet biscuits(Sneha bakes)
Thursday	Samosa
Friday	Vegetable Puff/Chick Pea(Sundal)

Sweets

Week 1	Jalebi/ (Yellow/Motichoor)Ladoo
Week 2	Fruit Salad
Week 3	Ice Cream(Chocobar/Cone)
Week 4	Semiya Payasam/Rice Payasam/Kheer

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

Morning : Milk And Coffee

Evening: Milk and Tea

Every Night : Plain Rice, Rasam, Curd

Kartika — Students secretary

N. Krishnaveni — Warden

Administrative Officer

Principal

JSS College of Pharmacy, Girls Hostel Ooty

With Effective from January 2020 (Week 2 & 4)

Day	Breakfast	Lunch	Dinner
Monday	Onion Dosa, Sambar, Coconut Chutney	Kerala Rice, Plain Rice, Sambar, Green Gram Poriyal, Rasam, Curd	Vegetable biriyani with ghee, Raitha Chips
Tuesday	Idly, Vada, Sambar, Peanut Chutney, Poha	Plain Rice, Chapathi, Dal, Kara Kozhambu, Brinjal Fry, Rasam, Curd	Ghee Roast, Tomato Chutney, Sambar, Seasonal Fruits
Wednesday	Pongal, Vada, Sambar, Chutney	Kerala Rice, Plain Rice, Rasam, Curd, Chick Pea Curry, Potato Fry, Pappad	Chapathi, Onion-Tomato-Chilli Curry, Dal
Thursday	Bread, Butter, Jam, Corn Flakes, Stew/Tomato-Potato Curry, Plain Ragi malt	Plain Rice, Chapathi, Green Peas Curry, Potato & Ladies Finger Fry, Rasam, Curd	Rava Dosa, Sambar, Peanut Chutney
Friday	Puttu, Semiya Upma, Chick Pea Curry, Chutney, Banana	Kerala Rice, Plain Rice, Moru Kozhambu, Banana Poriyal, Rasam, Curd, Pappad	Idly, Sambar, Coconut Chutney, Lemon Rice
Saturday	Wheat Dosa, Soya Curry, Groundnut Chutney	Soya Biriyani, Raitha, Aloo Chips	Rava Upma, Poha, Coconut Chutney
Sunday	Masala Dosa, Sambar, Chutney	Brinjal Rice + Raitha / Plain Rice, Dal, Cabbage Poriyal Chips	Poori, Channa Curry

Evening Snacks

Monday	Cutlet
Tuesday	Tea cake/ Sweet biscuits(Sneha Bakes)
Thursday	Samosa
Friday	Vegetable Puff/Chick Pea(Sundal)

Sweets

Week 1	Palkova(Milk Sweet)/ (Yellow/Motichoor)Ladoo
Week 2	Fruit Salad
Week 3	Ice Cream(Chocobar/Cone)
Week 4	Semiya Payasam/Rice Payasam/Kheer

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

Morning : Milk and Coffee

Evening: Milk And Tea

Every Night : Plain Rice, Rasam, Curd

Students secretary | Warden | Administrative Officer | Principal

JSS COLLEGE OF PHARMACY

(Constituent College)

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH MYSURU

(Deemed to be University)
Accredited 'A' Grade by NAAC

Men's Hostel

With effect from:-01-04-2019

Days	Breakfast (7:30 am to 9:00 am)	Lunch (12:30 pm to 2:00 pm)	Evening Snacks (5:30pm to 6:00pm)	Dinner (7:30 pm to 9:00 pm)
Monday	Idli,Sambhar, Chutney, Uddinvada/Masalavada, Tea, Milk	Chapati, Rice, Sambhar, Rasam, Curd, Bendi with Aloo Curry, Pickle, Butter Milk	Plain Cake, Tea/Coffee/Milk	Chapati, Rajma curry ,Rice,Sambhar,Rasam, Curd,Pickle,
Tuesday	Pongal, Chutney, Tea, Milk	Chapati,Rice,Sambhar,Rasam, Veg Kurma, Carrot Palya, Butter Milk, Curd, Pickle	Samosa, Tea/Coffee/Milk	Appam, Paneer, Curry, Rice, Sambhar, Rasam, Curd, Pickle
Wednesday	Noodles/Maggi , Tomato Sauce, Tea, Milk	Jeera Rice,Toor dal, Rice, Sambhar, Rasam, Papad, Cucumber, Curd, Butter Milk, Pickle	Unibic / Good day cookies, Tea/Coffee/Milk	Chapati, Rice, Sambhar, Rasam, Curd, Alu fry /Dhal, Kosambari, Pickle, Fruits
Thursday	Dosa, Sambhar,Chutney, Tea, Milk	Chapati,Rice,Kerala Rice,Sambhar Rasam, Channa Masala, Vegetable Palya, Curd, Butter Milk, Pickle	Lays/Kurkure, Tea/Coffee/Milk	TomatoBath/Puliyogare,Chutney/Sweet/ Fruitsalad/ Sevige Payasa/Ice-cream
Friday	Bread, Jam, Aloo Bonda, Tea, Milk	Chapati, Rice, Curd, Sambhar, Rasam, ,Cabbage Palya, Curd, Butter Milk,Pickle, Vegetable salad	Dilpasand, Tea/Coffee/Milk	Chapati,Green Pice Curry, Rice, Sambhar, Rasam, Curd, Pickle
Saturday	Uppma/Rava Idly, Kesaribath, Chutney Tea, Milk	Chapati,Rice,Kerala,Rice,Sambhar, Rasam,Bengali Gram curry, Beetroot Palya, Curd, Butter Milk Pickle,	Tea/Coffee/Milk	Rice Items
Sunday	Masala Dosa, Red Chutney, Aloo Palya,Tea, Milk	Chapati,Moog Dal Curry,Rice, Majjige Sambhar, Rasam, Cauliflower Palya,Curd, Butter Milk,Pickle	Orio Biscuit/Puffs, Tea/Coffee/Milk	Ghee Rice, /Mushroom Biryani, Veg Biryani, Banana, Chilli Bajji /Banana Bajji

Prefectors

1	Muhammed Bishir	I M Pharm	
2	Allwin Kunjachen Syju	IV Pharm D	
3	Kalyan	III B Pharm	
4	Mothilal	IV B Pharm	

WARDEN
Men's Hostel
JSS College of Pharmacy

Principal
PRINCIPAL
JSS College of Pharmacy
Sri Shivarathreeshwara Nagar

JSS College of Pharmacy

JSS Womens Hostel

Mess Menu - 2019

With effect from 01/02/2019

Days	Breakfast (7:30 am to 9:00 am)	Lunch (12:30 pm to 2:00 pm)	Evening Tea (5:30 pm to 6:00 pm)	Dinner (7:30 pm to 9:00 pm)
Monday	Noodles,Tea, Milk	Chapati, Rice, Kerala Rice Curd, Sambhar, Rasam, Veg Kurma/Carrot Beans	Tea/Coffee/Milk/Snacks	Idli, Rice, Sambhar, Rasam, Curd, Coconut Chutney/ Groundnut Chutney,Veg Salad
Tuesday	Bread/PavBhaji Jam, Pakoda/Bonda, Tea, Milk,	Chapati, Rice, Sambhar, Rasam, Curd, Cabbage/Cauliflower, Sprouts	Tea/Coffee/Milk/Snacks	Poori/Appam, Aloo, Chole /Black chana, Rice, Sambhar, Curd Veg Salad
Wednesday	Dosa,,Coconut Chutney/Tomato Chutney, Sambhar Tea, Milk	Chapati, Rice, Sambhar, Rasam, Curd Bhindi,Aloo Curry/Meal Maker	Tea/Coffee/Milk/Snacks	Carrot Chapati/Radish Rice, Sambhar, Rasam, Curd, Sorekayi Curry Seasonal Fruits
Thursday	Upma(Semiya/Rava/Avalakki), Coconut Chutney, Kesari bath, Tea, Milk, Banana	Chapati, Rice, Kerala Rice Sambhar, Curd, Rasam,Dondakai, Veg Salad	Tea/Coffee/Milk/Snacks	Puliogre/Lemon Rice/Chinese Noodels, Veg Pulao, Curd Rice, Chips, (Raitha- optional), Fruit salad
Friday	Poori, Aloo, Chole/Pongal Coconut Chutney , Tea, Milk	Chapati, Rice, Sambhar, Rasam, Curd Brinjal/Aloo, Sprouts	Tea/Coffee/Milk/Snacks	Chapati/Parota/Rumali Roti, Rice, Sambhar, Rasam, Curd, Paneer
Saturday	Idli, Vada, Sambhar, Coconut Chutney/Groundnut Chutney, Tea, Milk	Jeera Rice, Lemon Rice Plain Rice, Papad, Dal, Rasam, Curd, Payasam	Tea/Coffee/Milk	Puliogre/Lemon Rice/ Bisibele Bhath-Bundi, Curd Rice
Sunday	Masala Dosa/Onion Dosa, Chutney, Tea, Milk	Chapati, Rice, Sambhar, Rasam, Curd Tomato/ Rajma curry, Veg Salad	Tea/Coffee/Milk/Snacks	Ghee Rice/Fried Rice,/Vangi Bhath/Tomato Rice/Curd Rice, Bhajji, Sweet/Ice Cream

Prefectors

1. Ms Vaishnavi T-IV Pharm D
2. Suganya Devi-IV Pharm D
3. Geetha-IV B Pharm
4. Mahalekshmi-III Pharm D

WARDEN
Women's Hostel
JSS College of Pharmacy

PRINCIPAL
JSS College of Pharmacy
Sri Shivarathreeshwara Nagar
MYSORE-570 015

Copy To: Girl's Hostel Notice Board/OC

JSS COLLEGE OF PHARMACY

(Constituent College)

JSS ACADEMY OF HIGHER EDUCATION & RESEARCH MYSURU

(Deemed to be University)
Accredited 'A' Grade by NAAC

Men's Hostel

With effect from:-01-10-2019

Days	Breakfast (7:30 am to 9:00 am)	Lunch (12:30 pm to 2:00 pm)	Evening Snacks (5:30pm to 6:00pm)	Dinner (7:30 pm to 9:00 pm)
Monday	Idli,Sambhar,Chutney, Uddinvada/Masalavada, Tea,Milk	Chapati, Rice,Sambhar, Rasam, , Bendi with Aloo Curry, Pickle,Curd ,Butter Milk	Nippat Tea/Coffee/Milk	Chapati,Aloo Fry/Tomoto Curry,Rice,Sambhar, Rasam,Pickle, Curd (Gobimanjuri Monthly One Time)
Tuesday	Poori, Aloo Curry, Chutney Tea, Milk	Jeera Rice,Toor dal, Rice, Sambhar, Rasam, Papad, Cucumber, Pickle,Curd, Butter Milk	Bread Pakoda/Pups Tea/Coffee/Milk	Appam, Paneer, Curry, Rice, Sambhar, Rasam, Curd,Pickle
Wednesday	Upma/RavaIdly/Pongal/Avalakki, Chutney,Kesaribath, Tea, Milk	Chapati,Rice,Kerala Rice, Sambhar,Rasam, Channa Masala, Vegetable Palya, Pickle, Curd,Butter Milk	Oreo Biscuit/Good Day Tea/Coffee/Milk	Idly,Chutney/Chapathi,Soya Curry, Rice, Sambhar, Rasam, Curd, Pickle, Fruits
Thursday	Dosa, Sambhar,Chutney, Tea, Milk	Chapati,Rice,Sambhar Rasam, Veg Curma Pickle,Curd,Butter Milk	Lays/Doritos Tea/Coffee/Milk	TomatoBath/VegBiryani/MenthyaPalav,Raitha, Curd, Sweet/ Fruitsalad/Sevige Puyasa /Fruitsalad
Friday	Bread, Jam, Aloo Bonda, Tea, Milk	Chapati, Rice,Sambhar, Rasam, Green Gram Curry,Brinjal Palya, Pickle Curd, Butter Milk	Samosa Tea/Coffee/Milk	Parota, Veg Curry, Rice, Sambhar, Rasam, Curd, Pickle
Saturday	Noodles/Maggi/Samiya, Tomato Sauce, Tea, Milk	Chapati,Rice,Kerala,Rice, Sambhar, Rasam,Bengali Gram curry, Beetroot Palya, Pickle,Curd,Butter Milk	Tea/Coffee/Milk	Bisibele Bath/Puliyogare, Vangibath/Lemon Rice
Sunday	Onion Dosa/Masala Dosa, Red Chutney, Aloo Palya, Tea, Milk	Chapati, Rice, Sambhar, Rasam, Palak moss Curry/Cauliflower Curry, Pickle,Curd, Butter Milk	Cream Bun Tea/Coffee/Milk	Ghee Rice, /Mushroom Biryani/Veg Biryani, Raitha,Banana, Chilli Bajji /Banana Bajji

Prefectors

1	J.SABESAN	II B PHARM		9597244049
2	SUDHARSAN	II PHARM D		6374013331
3	CHARAN M GOWDA	II B PHARM		8660103356
4	MOHAMMED ISMAIL	II PHARM D		4550308123
5	MANJUNATHA PALC	III B PHARM		9972460225

WARDEN
Men's Hostel
JSS College of Pharmacy
S.S. Nagar, MYSURU-570 015

PRINCIPAL
JSS College of Pharmacy
Sri Shivarathreeshwara Nagar
MYSORE-570 015

JSS College of Pharmacy
JSS Womens Hostel
Mess Menu - 2019

With effect from 01/10/2019

Days	Breakfast (7:30 am to 9:00 am)	Lunch (12:30 pm to 2:00 pm)	Evening Tea (5:30 pm to 6:00 pm)	Dinner (7:30 pm to 9:00 pm)
Monday	Bread/PavBhaji Jam, Pakoda/Bonda, Tea, Milk	Chapati, Rice, Kerala Rice Curd, Sambhar, Rasam, Veg Kurma/Carrot Beans, Veg Salad	Tea/Coffee/Milk/Snacks	Rice, Sambhar, Rasam, Green Gram Curry, Papad Curd,
Tuesday	Puttu ,Black chana coconut graded ,Tea, Milk.	Chapati, Rice, Sambhar, Rasam, Curd, Cabbage/Cauliflower, Sprouts	Tea/Coffee/Milk/Snacks	Poori/Appam, Aloo, Chole /Black chana, Rice, Sambhar, Curd Veg Salad (Gobi+Fried Rice) ,Seasonal Fruits
Wednesday	Upma(Semiya/Rava/Avalakki), Coconut Chutney, Kesari bath, Tea, Milk, Banana	Chapati, Rice, Sambhar, Rasam, Curd Bhindi,Aloo Curry/Meal Maker, Veg Salad	Tea/Coffee/Milk/Snacks	Carrot/Radish Chapati Rice, Sambhar, Rasam, Curd, Sorekayi Curry
Thursday	Dosa, Coconut Chutney/Tomato Chutney, Sambhar Tea, Milk.	Chapati, Rice, Kerala Rice Sambhar, Curd, Rasam,Dondakai, Spinach Poriyal	Tea/Coffee/Milk/Snacks	Veg Pulao, Curd Rice, Chips, (Raitha- optional), Fruit salad
Friday	Poori, Aloo, Chole/Pongal Coconut Chutney , Tea, Milk	Chapati, Rice, Sambhar, Rasam, Curd Brinjal/Aloo, Sprouts	Tea/Coffee/Milk/Snacks	Parota Rice, Sambhar, Rasam, Curd, Paneer Cury
Saturday	Masala Idli, Vada, Sambhar, Coconut Chutney/Groundnut Chutney, Tea, Milk	Rice, Sambhar, Rasam, Curd,Veg curry Papad Payasam	Tea/Coffee/Milk	Fried Rice, Puliogre, Lemon Rice, Bisibele Bhath+Bundi, Curd Rice
Sunday	Masala Dosa, Chutney, Tea, Milk	Chapati, Rice, Sambhar, Rasam, Curd Tomato curry, Veg Salad	Tea/Coffee/Milk/Snacks	Basmathi Rice Veg Biryani Ghee Rice,/Vangi Bhath/Tomato Rice/Curd Rice, Bhajji, Sweet/Ice Cream

Prefectors
1. Ayesha Fathima-II B Pharm
2. Athira K J –II B Pharm
3. Jayasree-II B Pharm
4. Suryasree-II Pharm D
5. Divya-II Pharm D

4.10.19

Warden
WARDEN
Women's Hostel
JSS College of Pharmacy
S.S. Nagar, MYSURU-570 015

Principal
PRINCIPAL
JSS College of Pharmacy
Sri Shivarathreeshwara Nagar
MYSORE-570 015

Copy To: Girl's Hostel Notice Board/OC

Snacks

Dilpasand/ Rusk

Biscuits

Cake [Chocolate/ Pineapple]

Moong dal Mixture

Sunnoor

Masala Puri

Bonda

1st Floor

JSS MEDICAL COLLEGE GIRLS HOSTEL, MENU FOR THE MONTH OF FEBRUARY-2020 ('D' BLOCK MENU)

(2)

Days	Break Fast	Lunch	Dinner
Monday	Vermicelli upma Bread, Jam	Rice + Dal + Sambhar + Roti butternut	fried Aloo + Dal + Roti + Rice Sambhar + Sweet [Mysore pak] carrot halwa]
Tuesday	Set Dosa + Sambhar chutney + Aloo palya Bread, Jam	Rice + Dal + Sambhar + Roti Cabaggi palya	Roti + Dal + Sambhar + Rice + Lady's finger + Bajji [Banana]
Wednesday	Pooni + Aloo curry Bread, Jam	Rice + Dal + Horse gram Sambhar	Gobi manchurian + noodles + Rice + Sambhar
Thursday	Idli + Vadai Sambhar + chutney Bread, Jam	Rice + Dal + Sambhar + Sopin palya [leaf]	Rice + Sambhar + Kerala parota + Paneer butter masala [spicy]
Friday	Poha + toast bread Bread, Jam	Rice + Dal + Sambhar + Rajma	Masala dosa + chutney + Rice + Sirenam [chocolate] Butterscotch]
Saturday	Akki roti Bread, Jam	Chole Bhature + Dal + Rice	Puliogare + Rice + Sambhar + Papda + Fruit [Papad]
Sunday	Aloo paratha Bread, Jam	Lemon rice + Rice + Sambhar	Rice + Dal + Sambhar + Payasa

ISS MEDICAL COLLEGE GIRLS HOSTEL MONTH OF ~~APRIL~~ Jun -2020 (C BLOCK MENU) DATE:01.06.2020

(6)

	Days	Morning	Afternoon	Night
~~Tomato~~ Chocolate Cake.	Monday	Semiya + Chutney + Coffee Tea + Milk + Bread + Jam	Chapati + Rajma + Beans Palya Sambar + Rice + Rasam + Curd + Buttermilk + Dal	Palak Paneer Chapati + ~~Bhindi~~ Masala + Rice + Rasam + Sambhar + Curd Sweet: Jamun / Coconut Burfi (made in mess)
Masala Bun	Tuesday	Dosa + Sambhar + Chutney Coffee, Tea, Milk Bread + Jam	Chapati + Aloo Palak + Beetroot Palya Sambar + Rice + Rasam + Curd + Buttermilk + Dal	Chapati + Thondekai + Rice + Rasam + Sambhar + Curd
Vada.	Wednesday	Poori + Aloo Masala Coffee Tea + Milk Bread + Jam	Chapati + Paneer Bhurji + Carrot Sambhar + Rice + Rasam + Curd Buttermilk + Dal	Chapati + Bhindi Masala + Rice + Rasam + Sambhar + Curd Fruits. Mango + Watermelon.
Bourbon / Hideseek.	Thursday	Idli + Sambar + Chutney Coffee + Tea + Milk Bread + Jam	Chapati + Black Channa + Bitter Gourd Fry + Sambar + Rice + Rasam + Curd + Buttermilk + Dal	Noodles Fried Rice + Gobi Jeera Rice + Dal.
Bread Bajji	Friday	Bread + Jam + Butter Coffee + Tea + Milk Poha + Tomato Curry	Chapati + Mixed Vegetable + Rice + Sambar + Rice + Rasam + Curd + Buttermilk + Dal.	Dosa + Tomato Chutney + Aloo. Curd + Rice + Rasam
Chips.	Saturday	Rava Idli + Chutney + Curry Coffee + Tea + Milk Bread + Jam.	Chole Bhatura + Salad + Dal + Sambhar + Cabbage Palya + Curd + Buttermilk + Rice.	Lemon Rice + Vada + Curd Rice + Rasam.
Bonda.	Sunday	Akki Roti + Chutney. Coffee + Tea + Milk	Bisibele Bath + Raitha + Pulao. + Boondi + Papad + Rice + Dal + Buttermilk + Curd.	Rice + Papad + Majjigehuli + Rasam + Curd Banana

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

(7)

JSS MEDICAL COLLEGE GIRLS HOSTEL, MENU FOR THE MONTH OF July 2020 ('D' BLOCK MENU)

Days	Break Fast	Lunch	Dinner
Monday	Maggi / upma	Chapati + Soya bean + Beet root Rice + Sambar + dal	Chapati + beans + Bitter gourd + dal + Rice + sambar Sweet: Gulab Jamun / Jileb
Tuesday	Dosa + chutney + Sambar	Chapati + mushroom curry / chana + cabbage + Rice + dal	chapati + Paneer bhurji Rice + dal ~~+ orange~~
Wednesday	Poori + Aloo curry	chapati + Rajma + carrot + dal + Rice + sambar	chapati + yellow dal + aloo fry + sambar + rice + banana / papaya
Thursday	Idli + vada + sambar + chutney	Chapati + paneer curry / mix veg + ~~cabbag~~ carrot Rice + dal	~~Fried rice~~ Ghee rice + aloo curry / fried rice + Gobhi
Friday	Bread + butter + jam + Poha	Chapati + ~~Horse gram curry~~ / Cabbage / Beans + Sambar Moong curry + dal + Rice	Dosa + Aloo + Chutney + Rice + sambar + ice cream
Saturday	Akki Roti / Rava idli Chutney	Chole Bhature + ~~Beans~~ / ~~Cabbage~~ + Rice + sambar Horse gram	Romali Roti / chapati + Paneer + Dal / Pav bhaji
Sunday	Aloo paratha + Chutney + Bread	Pulav + curd rice + dal + rice + sambar.	Rice + Yellow dal + curd + Papad + watermelon / Orange

CHIEF WARDEN
JSS Medical College Hostels (Women)
MYSORE-570 015

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.

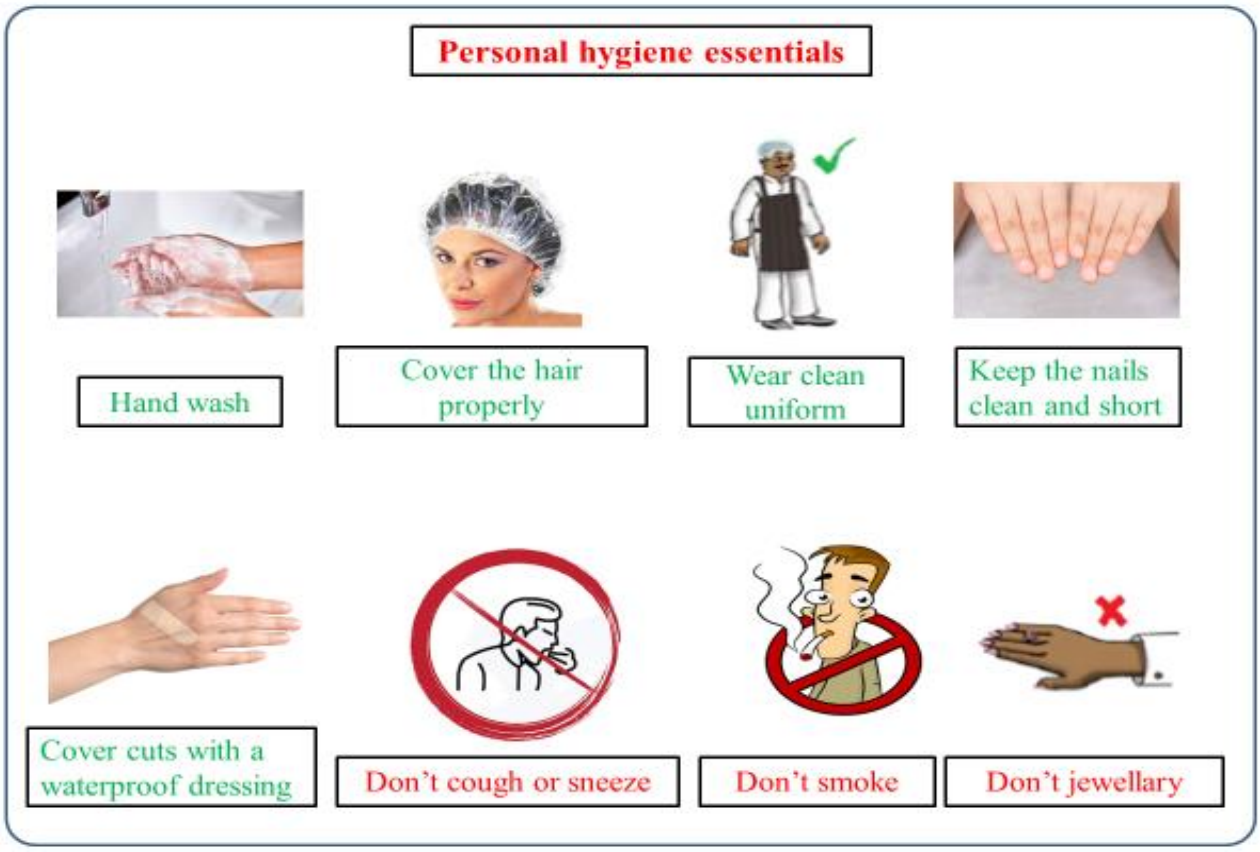
Don'ts

- ✗ 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		

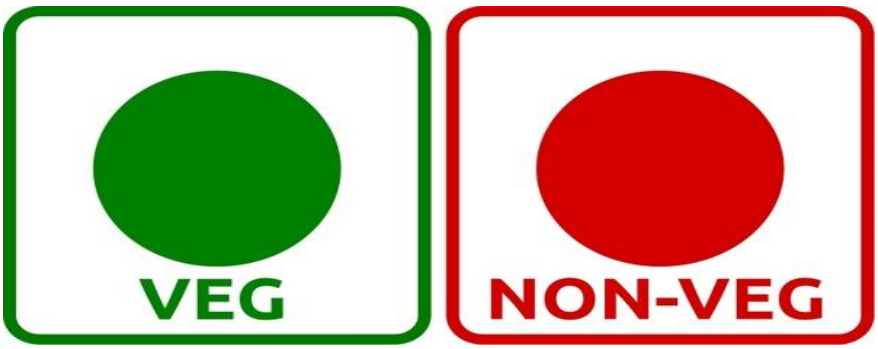


Food Adulteration Stall exhibited by Department of Nutrition & Dietetics, Faculty of Life Sciences, JSSAHER, Mysuru at Suttur Jatra.

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

e

- ✓ 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.



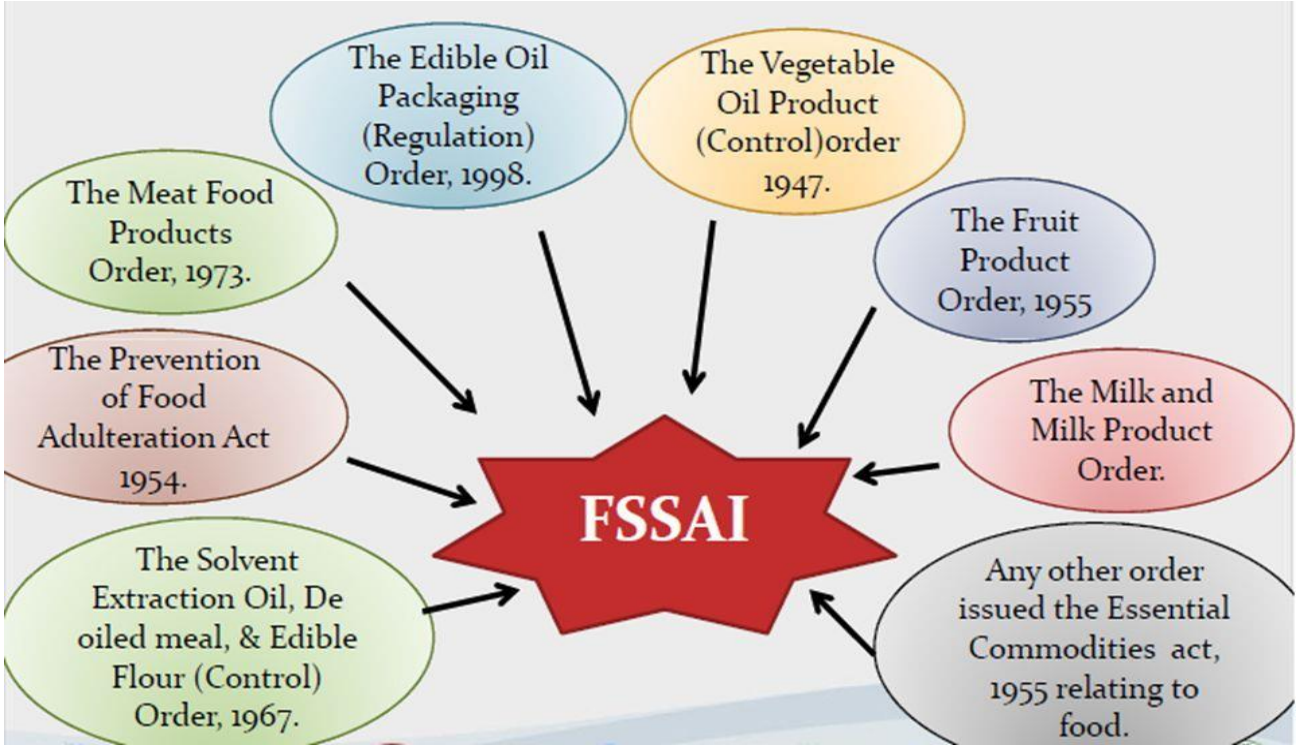
Nutrition Facts
Serving Size 2 slices (24g)
Servings Per Container 6

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


The Edible Oil Packaging (Regulation) Order, 1998.
The Vegetable Oil Product (Control)order 1947.
The Meat Food Products Order, 1973.
The Fruit Product Order, 1955
The Prevention of Food Adulteration Act 1954.
The Milk and Milk Product Order.
FSSAI
The Solvent Extraction Oil, De oiled meal, & Edible Flour (Control) Order, 1967.
Any other order issued the Essential Commodities act, 1955 relating to food.

Government of India / ಭಾರತ ಸರ್ಕಾರ

Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತುಗುಣಮಟ್ಟ 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 ನೊಂದಾಯಿತಕಛೇರಿಯ 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 ಶಿಥಲೀಕರಣದ ಸಾಮರ್ಥ್ಯ /ದೊಡ್ಡ ಪ್ರಮಾಣದ ಹಾಲು ಶಿಥಲೀಕರಣ ಕೇಂದ್ರ , ಹಾಲು ಸಂಸ್ಕರಣಘಟಕ/ ಪರವಾನಗಿದಾರರಒಡೆತನದಲ್ಲಿರುವ ಹಾಲು ಪ್ಯಾಕಿಂಗ್‌ಘಟಕ/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 ಪರವಾನಗಿಯುಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತುಗುಣಮಟ್ಟಕಾಯ್ದೆಯ ನಿಬಂಧನೆಗಳಿಗೆ ಒಳಪಟ್ಟು ನೀಡಲಾಗಿದೆ ಹಾಗೂ ಆಹಾರ ಪರವಾ ನಗಿದಾರರು ಈ ಎಲ್ಲಾ ನಿಬಂಧನೆಗಳನ್ನು ಅನುಸರಿಸತಕ್ಕದ್ದು.

Place / ಸ್ಥಳ **:** Mysore City

Date / ದಿನಾಂಕ **:**25/09/2019

Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ಸಹಿ ಮತ್ತು ಮೊಹರು

ಅಂಕಿತ ಅಧಿಕಾರಿ
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ
ಮೈಸೂರು-10

Validation And Renewal

ಊರ್ಜಿತ 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 ಅಧಿಕಾರಿ
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ
ಮೈಸೂರು-10

Annexure

Government of India / ಭಾರತ ಸರ್ಕಾರ

Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತುಗುಣಮಟ್ಟ 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 ಸಹಿ ಮತ್ತು ಮೊಹರು

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು

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 ಮತ್ತುಗುಣಮಟ್ಟ 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 ನೊಂದಾಯಿತಕಛೇರಿಯ 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 ಶಿಥಲೀಕರಣದ ಸಾಮರ್ಥ್ಯ /ದೊಡ್ಡ ಪ್ರಮಾಣದ ಹಾಲು ಶಿಥಲೀಕರಣ ಕೇಂದ್ರ , ಹಾಲು ಸಂಸ್ಕರಣಘಟಕ/ ಪರವಾನಗಿದಾರರಒಡೆತನದಲ್ಲಿರುವ ಹಾಲು ಪ್ಯಾಕಿಂಗ್‌ಘಟಕ/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 ಪರವಾನಗಿಯುಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತುಗುಣಮಟ್ಟಕಾಯ್ದೆಯ ನಿಬಂಧನೆಗಳಿಗೆ ಒಳಪಟ್ಟು ನೀಡಲಾಗಿದೆ ಹಾಗೂ ಆಹಾರ ಪರವಾ ನಗಿದಾರರು ಈ ಎಲ್ಲಾ ನಿಬಂಧನೆಗಳನ್ನು ಅನುಸರಿಸತಕ್ಕದ್ದು.

Place / ಸ್ಥಳ **:** Mysore City

Date / ದಿನಾಂಕ **:**25/09/2019

Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ಸಹಿ ಮತ್ತು ಮೊಹರು

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು
ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ
ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ
ಮೈಸೂರು-10

Validation And Renewal

ಊರ್ಜಿತ 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
ಮೈಸೂರು-10

Annexure

Government of India / ಭಾರತ ಸರ್ಕಾರ

Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತುಗುಣಮಟ್ಟ 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

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

Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ಸಹಿ ಮತ್ತು ಮೊಹರು

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು

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 ಮತ್ತುಗುಣಮಟ್ಟ 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 ನೊಂದಾಯಿತಕಛೇರಿಯ 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 ಸಾಮರ್ಥ್ಯ /ದೊಡ್ಡ ಪ್ರಮಾಣದ ಹಾಲು ಶಿಥಲೀಕರಣ ಕೇಂದ್ರ , ಹಾಲು ಸಂಸ್ಕರಣಘಟಕ/ ಪರವಾನಗಿದಾರರಒಡೆತನದಲ್ಲಿರುವ ಹಾಲು ಪ್ಯಾಕಿಂಗ್‌ಘಟಕ/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 ಪರವಾನಗಿಯುಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತುಗುಣಮಟ್ಟಕಾಯ್ದೆಯ ನಿಬಂಧನೆಗಳಿಗೆ ಒಳಪಟ್ಟು ನೀಡಲಾಗಿದೆ ಹಾಗೂ ಆಹಾರ ಪರವಾ ನಗಿದಾರರು ಈ ಎಲ್ಲಾ ನಿಬಂಧನೆಗಳನ್ನು ಅನುಸರಿಸತಕ್ಕದ್ದು.

Place / ಸ್ಥಳ **:** Mysore City

Date / ದಿನಾಂಕ **:**25/09/2019

Stamp and Signature of the Designated Officer

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳ ಸಹಿ ಮತ್ತು ಮೊಹರು

ಅಂಕಿತ ಅಧಿಕಾರಿಗಳು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ

ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೈಸೂರು-10

Validation And Renewal

ಊರ್ಜಿತ 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

ಮೈಸೂರು-10

Annexure

Government of India / ಭಾರತ ಸರ್ಕಾರ

Food Safety and Standards Authority of India / ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತುಗುಣಮಟ್ಟ 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

Sl.No.	Product Description	Quantity (MT/Day)	Kind of Business
1	Vegeterian Food 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 ಅಧಿಕಾರಿಗಳಿಗೆ ಸಹಿ ಮತ್ತು ಮೊಹರು

ಆಹಾರ ಸುರಕ್ಷತೆ ಮತ್ತು ಗುಣಮಟ್ಟ ಕಾಯ್ದೆ

ಮೈಸೂರು ಮಹಾನಗರ ಪಾಲಿಕೆ ವ್ಯಾಪ್ತಿ

ಮೈಸೂರು-10