



JSS Ayurveda Medical College & Hospital, Mysuru

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# JSS AYUR BULLETIN

Monthly Newsletter

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## MIGRAINE HEADACHE AND PRANAYAMA

Dr. Nirmala A.R., Physician (Yoga & Naturopathy), JSS Ayurveda Hospital, Mysuru

### Introduction:

A migraine headache is a neurological condition that causes intense, often debilitating pain, typically on one side of the head. It is usually accompanied by other symptoms, such as nausea, vomiting, sensitivity to light, sound, or smell, and in some cases, visual disturbances.

### Symptoms of Migraine:

- Intense, throbbing pain: Usually on one side of the head, although it can be on both sides.
- Nausea and vomiting: Commonly accompanying the headache.
- Sensitivity to light (photophobia) and sound (phonophobia).
- Aura: Some people experience

visual disturbances like flashing lights, zigzag lines, or blind spots before the headache starts.

- Fatigue and irritability: Often experienced during or after a migraine attack.
- Dizziness or vertigo can occur for some individuals.

### Migraine Triggers:

Migraines can be triggered by various factors, which include:

- Stress or emotional strain
- Hormonal changes (e.g., menstruation, pregnancy, menopause)



- Certain foods and drinks (e.g., chocolate, caffeine, alcohol, processed foods)
- Sleep disturbances (too little or too much sleep)
- Weather changes (pressure changes, extreme heat/cold)
- Strong odors or fragrances
- Bright or flashing lights
- Physical exertion
- Dehydration
- Medication side effects

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## How pranayama helps for migraine patients

### Benefits of Pranayama:

- Bhramari (Bhramari Pranayama) and Anulom Vilom (often used as a variant of Pranayama) can be helpful in managing migraines. Both these breathing exercises have calming effects on the nervous system, help reduce stress, and improve overall circulation, which may ease the symptoms of a mig

1. Bhramari Pranayama (Humming Bee Breath)

- Bhramari is a breathing

technique where you make a humming sound while exhaling. This practice helps soothe the mind and relieves tension, which can be effective for migraine relief.

### How to practice Bhramari:

1. Sit in a comfortable posture with your spine straight and shoulders relaxed.
2. Close your eyes and take a few deep breaths to calm yourself.
3. Close your ears gently by placing your thumbs on the ear



openings and letting the other fingers rest on your forehead.

4. Inhale deeply through your nose.
5. While exhaling, hum gently like the sound of a bee ("mmm" sound). Ensure the sound is smooth and continuous.
6. Focus on the vibrations in your head, as this calming sound is said to reduce mental stress and relax your entire body.
7. Repeat this process 5-10 times.

**Benefits for migraine:**

- Calms the nervous system
- Reduces stress and anxiety, both common migraine triggers
- Relieves tension around the head and temples
- May help alleviate headaches

**2. Anulom Vilom Pranayama (Alternate Nostril Breathing)**

Anulom Vilom is another effective pranayama that balances the flow of energy in the body and calms the mind. It improves blood circulation, reduces stress, and has a grounding effect on the body.

**How to practice Anulom Vilom:**

1. Sit comfortably with your spine straight and shoulders relaxed.
2. Close your eyes and take a deep breath in and out.
3. With your right thumb, close your right nostril and inhale deeply through your left nostril.
4. Close your left nostril with your ring and little finger and release your right nostril. Exhale slowly and completely through your right nostril.
5. Inhale deeply through the right

nostril, close the right nostril with your thumb, and exhale through the left nostril.

6. This completes one round. Repeat for 5-10 minutes, maintaining a steady and smooth breath.

**Benefits for migraine:**

- Balances both sides of the brain
- Increases oxygen intake and circulation
- Relieves stress and mental fatigue
- Helps in balancing the nervous system and preventing migraine attacks.



**Tips:**

- Practice these techniques in a quiet and relaxed environment.
- Perform these pranayamas in the morning or evening, ideally on an empty stomach.
- If you're new to pranayama, start with shorter sessions and gradually increase the duration as you become more comfortable.

- Both Bhramari and Anulom Vilom pranayama are known for their ability to calm the mind and reduce tension in the body, which makes them excellent tools for managing migraine symptoms. However, if your migraines are persistent or severe, consider consulting a healthcare professional for a more comprehensive treatment approach.

**EVENTS ORGANIZED - NATIONAL POLLUTION PREVENTION DAY**



On the eve of National Pollution Prevention Day, Dept of PG studies in Swasthavritta, NSS unit JSS Ayurveda Medical College, Mysuru in association with Rotary Club, J.P.Nagar, Mysuru organized "Health Awareness Talk" on the topic "Effect of Air Pollution on health and its preventive measure" on 5th December 2024 at Govt. Higher Primary School, Lalithadripura Village, Mysuru.

Dr. Pallavi. S L, III PG scholar, Department of PG studies in Swasthavritta, Mr. Krishne Urs, Secretary, Rotary Club, J.P.Nagar, Mysuru, and Dr. P. Sudhakar Reddy, Professor & Head, Dept of PG studies in Swasthavritta, spoke on this occasion addressing the School Children. They spoke on how air quality can be maintained in cities, control measure to prevent air pollution was taught to the students. Totally 50 participants were benefitted from the event

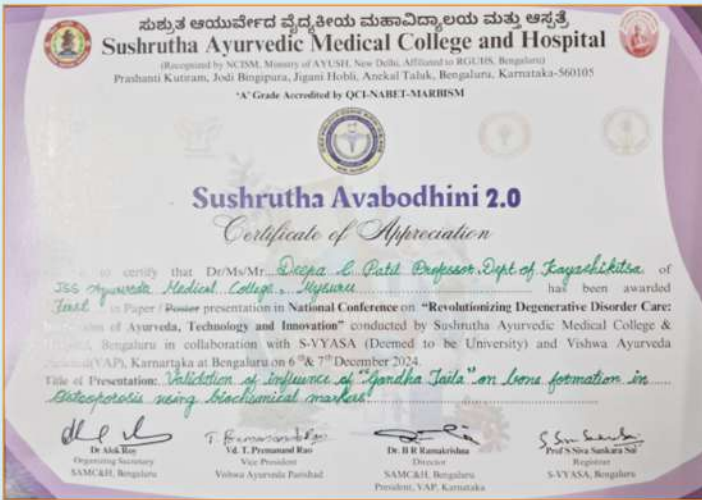
## WORLD AIDS DAY - 2024



On the eve of World AIDS Day 2024, Dept of PG studies in Swasthavritta, NSS unit JSS Ayurveda Medical College, Mysuru in association with Rotary Club, J.P.Nagar, Mysuru organized

"Jatha" on 5th December 2024 at Lalithadripura Village, Mysuru along with Govt Higher Primary School Children by saying slogans about the importance of Prevention of AIDS and its role in maintaining health.

## 1ST PLACE IN PAPER PRESENTATION AT NATIONAL CONFERENCE



Dr. Deepa C Patil, Professor, Dept of PG and PhD studies in Kayachikitsa got first position in Paper presentation in National Conference on "Revolutionizing Degenerative Disorder Care: Intersection of Ayurveda, Technology and Innovation", Conducted by Sushrutha Ayurvedic Medical College & Hospital, Bengaluru in collaboration with S-VYASA (Deemed to be University) and Vishwa Ayurveda Parishad (VAP), Karnataka at Bengaluru on 6th and 7th December 2024.

## First Prize in National Level "e-Poster" making competition



Dr. Vasundara S, PG scholar, Dept. of PG Studies in Rasashastra and Bhaishajya Kalpana bagged First Prize in National Level "e-Poster" making competition to create awareness about 'Desh ka Prakriti Parikshan Abhiyan' among UG and PG Scholars organized by SBKBLDEA's AVS Ayurveda Mahavidyalaya Hospital and Research Centre Vijayapur along with Government Ayurveda Research Centre, Mysuru .

## FIRST YEAR POST GRADUATE RGUHS UNIVERSITY NOVEMBER EXAMINATIONS 2024 RESULTS WITH 43 DISTINCTIONS FROM OVERALL 10 POSTGRADUATE DEPARTMENTS.



**1 of 1** A MEDICAL COLLEGE & HOSPITAL, Mysuru  
ACCREDITED 'A' GRADE by QCI & NCISM



DISTINCTION HOLDERS IN FIRST YEAR MD/MS EXAMINATIONS OF RGUHS HELD DURING NOVEMBER 2024



Total Distinctions  
**43**

**DEPT. OF PG STUDIES IN PANCHAKARMA**



Dr. ATHRIYA. S  
79.70%



Dr. RAKSHITHA. O  
79.50%



Dr. SAMPADA I KAJAGAR  
78.25%



Dr. AISHWARYA. P  
79.25%



Dr. CHETHAN KUMAR. K  
76.50%



ACCREDITED 'A' GRADE

**DEPT. OF PG STUDIES IN KAUMARABHRUTYA**



Dr. PRAKRUTHI RANGANATH  
80.5%



Dr. JEEVAN. N. J  
79.25%



Dr. SONAWANE PIYUSH POPATRAO  
78.50%



Dr. SHREYA. S  
78.25%



Dr. CHAITHANYA. B. M  
77.50%



Dr. SIMRAN HAROBELAVADI  
76%

**DEPT. OF PG STUDIES IN PRASUTI TANTRA & STREE ROGA**



Dr. SUKANYA BUSARI  
81.5%



Dr. LAXMI IRANNA BENUR  
79%



Dr. DEEPAI LAHU RAUT  
79%



Dr. SUDHARANI  
78.75%



Dr. HEMALATHA. H. K  
77.70%

**DEPT. OF PG STUDIES IN RASASHASTRA & BHAISHAJYA KALPANA**



Dr. VASUNDHARA S  
84.50%



Dr. KAVYA. G  
76.75%



Dr. CHETHAN KUMAR. R  
76.75%



Dr. Chandrika. G  
75%

**DEPT. OF PG STUDIES IN DRAVYAGUNA VIGNANA**



Dr. SPANDANA. M  
84.25%



Dr. G. S. SAHANA  
79.25%



Dr. HARIPIRYA. S  
79.50%

**DEPT. OF PG STUDIES IN ROGA NIDAN EVAM VIKRITI VIGYAN**



Dr. KAVANA. G. N  
77.50%



Dr. SANNUTHI CHANDANA SRI  
77%



Dr. GOUTAM URS C  
76.50%



Dr. KUMAR. C  
76.50%

**DEPT. OF PG STUDIES IN SWASTHAVRITTA**



Dr. SHIVANI PARGANIHA  
79.75%



Dr. SHAMBHAVI. A. M  
75.25%



Dr. TEJASWINI. R  
75.25%

**DEPT. OF PG STUDIES IN SHALAKYA TANTRA**



Dr. RAMYASHREE. H. S  
80.5%



Dr. SUMA. K. SANGOLLI  
78.50%



Dr. APOORVA. N  
77.50%



Dr. BHARATH. R  
76.25%

**DEPT. OF PG STUDIES IN SHALYA TANTRA**



Dr. SHUBHA. M. M  
82%



Dr. SUSHMITHA. M. R  
79%



Dr. PRIYADARSHINI KARANJI  
79%



Dr. MALLANAGOUDA. B. C  
78%

**DEPT. OF PG STUDIES IN KAYACHIKITSA**



Dr. SPOORTHI. S. N  
80.25%



Dr. POOJA  
79.50%



Dr. SAI SUDHA. C. S  
79.25%



Dr. VIJAYAJYOTI S JANAKAPURI  
79%



Dr. P S HARSHITHA RAGINI  
78%

CONGRATULATIONS AND BEST WISHES FROM MANAGEMENT, PRINCIPAL & STAFF

## GUEST LECTURE N INNOVATION AND ENTREPRENEURSHIP IN AYURVEDA

Dept of PG Studies in Swasthavritta organized a Guest lecture n Innovation and Entrepreneurship in Ayurveda on 31st December 2024 at 10.00 am for all the PG scholars by Dr. Shivakumar S Harti, Additional Professor, Department of Swasthavritta and Yoga, All India Institute of Ayurveda, New Delhi.



**FREE MEDICAL CAMP AT MAHANTESHA MATA, BARADANAPURA**



JSS Ayurveda Medical Hospital, Mysuru participated in Free Medical Camp at Mahantesha Mata, Baradanapura on the eve of NSS Special Camp organized by JSS Womens Polytechnique, SJCE Campus, Mysuru on 20th December 2024.

**VAIDYASANGHA - ALUMINI MEET-2024**



JSS Ayurveda Medical College - Alumni association organised a Alumni meet on 21.12.2024 at college premise. The program was inaugurated by Sri R Mahesh, Director, Medical Education Division, JSS Mahavidyapeetha, Mysuru. Dr. Sarbeswarkar, Principal, Dr. Rajesh A Udupudi, Dean, Dr. P.T.Keshwan (First Batch Alumni Student), Dr. Shrishananda Sharma presided the event. Many (students) Alumini shared the memories with the college. Dr. Rajendra Prasad welcomed the guest and gathering. Dr. Ayanna rendered the vote of thanks. Dr. Aparna did the Master of Ceremony. Hundred of Aluminis were participated cherished the moment with greeting and cultural events. In the future it was decided to celebrate the same on Dec 1st Sunday of every year. Everyone dispersed with cherished moments.





## GRADUATION DAY 2024 "VISHIKANUPRAVESH" ON 21ST DECEMBER 2024

JSS Ayurvedic Medical College, Mysuru organized Graduation Day 2024 "Vishikanupravesha" on 21st December 2024 at The Shri Rajendra Centenary Auditorium, JSS Hospital, Mysore at 4.00 PM in the premises of His Holiness Jagadguru Shri.Shivratri was celebrated with the blessings of Desikendra Mahaswami. For the function, Rajiv Gandhi University of Health Sciences, Bangalore, Hon. Chancellor Dr. M.K. Ramesh participated as the chief guest and awarded degrees to the graduates.

Addressing the graduates after awarding gold medals and awards, he opined that Ayurvedic treatment is indispensable and necessary. Students pursuing Ayurvedic Medical education should be confident. Should engage in study and research in the field of Ayurvedic medicine, Ayurvedic treatment methods are more effective than Western treatment methods.

He also highlighted on the opportunities for Ayurvedic medical

students in present era.

The program was presided over by Dr. CG Betsur Math, Executive Secretary, JSS Mahavidyapeeth and by Mr. R. Mahesh The Director, Medical Education JSS Mahavidyapeeth.

103 undergraduate and 22 postgraduate students were awarded degrees.

Himalaya Drugs Company awarded "Jivaka" to students with best marks and Awarded "Ayur Visarada".





## FACULTY DEVELOPMENT PROGRAM ON "SPEECH & KNOWLEDGE DISORDERS"

Medical Education Technology Cell and Dept. of PG studies in Kaumarabhritya of our institution had organised a Faculty Development Program on "SPEECH & KNOWLEDGE DISORDERS" on 13th December 2024.

Dr. Sangeeta Mahesh, Associate Professor

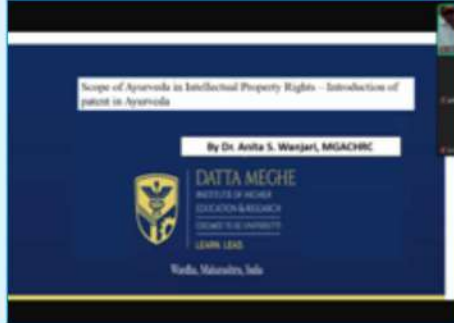
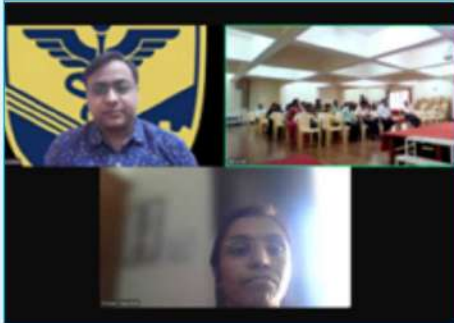
& HOD, Telecentre for Persons with Communication Disorders, All India Institute of Speech & Hearing, Mysuru spoke on the topic - Speech Disorders.

Dr. Jayashree C. Shanbal, Professor & HOD, Dept. of Speech Language

Pathology & Chair Person ASD Unit, All India Institute of Speech & Hearing, Mysuru spoke on the topic - Language Disorders. All the faculty members were enriched with the knowledge of timely identification of Speech and Language disorders and their management.



**FACULTY DEVELOPMENT PROGRAM ON UNIQUE TOPIC "PROTECTING AYURVEDA INNOVATIONS; A HANDS ON WORKSHOP ON COPYRIGHT & PATENTS"**



Medical Education Technology Unit of our institution had organized a Faculty Development Program on unique topic "PROTECTING AYURVEDA INNOVATIONS; A HANDS ON WORKSHOP ON COPYRIGHT & PATENTS" on 12th December 2024.

Hands on Training was provided for all the faculties by the Resource Persons on applying for copyright and patent for

their intellectual works. Dr. Punam Sawarkar, Professor & PhD Supervisor, Dept. of Panchakarma, Mahatma Gandhi Ayurved College & Research Center, Wardha, Maharashtra – spoke on copyright filing – basics and need, Scope of copyright filing in Ayurveda.

Dr. Gaurav Sawarkar, Vice Dean-Academics, Mahatma Gandhi Ayurved College & Research Center, Wardha,

Maharashtra – spoke on Hands on live session on copyright filing.

Dr. Anita Wanjari, Dean-Academics, Mahatma Gandhi Ayurved College & Research Center, Wardha, Maharashtra – spoke on Patents in Ayurveda, followed by hands on live training.

The FDP gave orientation on Copyright and Patents filing for all the teaching staff.

**FACULTY DEVELOPMENT PROGRAM ON BASIC COURSE IN MEDICAL EDUCATION**

Medical Education Technology Cell of our institution in association with Medical Education Unit of JSS Medical College, JSS Academy of Higher Education and Research, Mysuru had organised Faculty Development Program on Basic Course in Medical Education for all the Teaching faculty from 17th to 19th December 2024.

Along with faculties from JSS Medical College, 2 faculties of our Institution also were involved as Resource Persons – Dr. P. Sudhakar Reddy, Prof & HOD and Dr. Jyothy. K. B, Professor.

Dr. Arun. M, Coordinator, Medical Education Unit of JSS Medical College was the Inaugural Chief Guest. During the Inaugural Ceremony he spoke on the need and significance of FDP for the overall development of faculties

and also to update ourselves in various teaching and assessment methodologies. Other faculties accompanied were Dr. Pushpalatha, Dr. Archana, Dr. Shivanand, Dr. Shwethashree, Dr. Madhukesh, Dr. Sarika and Dr. Sowmya. G. S.

**Interactive Sessions were engaged on**

- Ice breaking session and Group Building exercises
- Demonstration of Learning hierarchies, domains and principles
- Goals, roles and Competencies, Learning Objectives in CBDC Curriculum
- Teaching learning methods (TLM): including Interactive Large Group, Small Group methods using CBDC

**Curriculum**

- Internal assessment (IA) and Formative assessment including small group working
- Assessment of clinical and practical skills and demonstration of OSCE/OSPE, DOPS other WPBA
- Aligning TLMs for objectives and competencies with group activities
- Assessment planning, Writing the correct essay question and MCQs with examples from Blueprint and Assessment module.

The 3-day Faculty Development Programme concluded with a Valedictory session on 19th December 2024 along with a Post-test and feedback by faculties.





**FACULTY DEVELOPMENT PROGRAM FOR 2 DAYS ON CCRAS STANDARDISED PRAKRITI ASSESSMENT SCALE & AYUR PRAKRITI WEB PORTAL**

Medical Education Technology Cell and Dept. of PG studies in Swasthavritta of our institution in association with Central Council of Research in Ayurvedic Sciences, Central Ayurveda Research Institute, Bengaluru had organised a Faculty Development Program for 2 days on CCRAS STANDARDISED PRAKRITI ASSESSMENT SCALE & AYUR PRAKRITI WEB PORTAL on 27th and 28th December 2024 for the faculties of our Institution.

After the Inaugural Session on 27th December 2024, Dr. Srinibash Sahoo, Senior Research Officer, Central Ayurveda Research Institute, Bengaluru delivered the Keynote Address. Later Dr. Shubhashree. M. N, Senior Research

Officer, Central Ayurveda Research Institute, Bengaluru spoke on Background and necessity of Development of SOPs and validation of Prakriti Assessment Scale.

This was followed by sessions on different aspects of Prakriti assessment like

- SOPs of Physical Traits in Prakriti Assessment Scale
- SOPs of Physiological Trait in Prakriti Assessment Scale
- SOPs of Psychological Trait in Prakriti Assessment Scale
- SOPs of Behavioral Trait in Prakriti Assessment Scale
- Demonstration of modules of AYUR-

Prakriti Web Portal

- Hands on Training on AYUR Prakriti assessment software

All the sessions were highly interactive with involvement by all the faculties. Before beginning the sessions, Pre-test was conducted and before Valedictory, Post-test was also given to all participants. During Valedictory ceremony, faculties gave feedbacks and lauded the efforts made by CCRAS towards standardizing Prakriti assessment.

Certificates were distributed to all the faculties along with the Coordinator of the program – Dr. P. Sudhakar Reddy, Prof & HOD, Dept. of PG studies in Swasthavritta.



