

# JSS AYUR BULLETIN

Monthly Newsletter

Vol. 68 | September 2025 1

## 110<sup>TH</sup> JAYANTI CELEBRATIONS OF HIS HOLINESS JAGADGURU RAJAGURUTILAKA DR. SRI SHIVARATHRI RAJENDRA MAHASWAMIJI



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The JSS Ayurveda College organized the Cent Decennial Celebrations – 110th Jayanti Mahotsava of His Holiness Jagadguru Rajagurutilaka Dr. Shri Shivarathri Rajendra Mahaswamiji on 26 September 2025 at JSS Ayurveda Hospital. The programme was graced by esteemed guests, dignitaries, faculty members, postgraduate scholars, and undergraduate students. The programme blissfully commenced with an invocation by Dr. Rashmi and team. The Welcome Address was delivered by Dr. Shivaprasad Hudedda,

Vice-Principal, followed by the lighting of the lamp by the dignitaries and a floral homage to His Holiness Mahaswamiji. The Inaugural Address was delivered by Dr. C. G. Betsurmath, Executive Secretary, JSS Mahavidyapeetha, who spoke about Swamiji's unwavering belief, dedication, and contributions to uplifting society by providing food, shelter, and education. He also guided the students with his inspiring words. On the occasion, prizes and certificates were distributed by the dignitaries to the students who had

won prizes in various competitions and programmes conducted as part of the Jayanthi celebrations over the past one month in our Institution. A brief report was presented by the Organizing Secretary of the concerned department.

All the department faculty members were also honoured with certificates in recognition of their valuable contributions during this holy month. Sri K. R. Santhanam, Director – Audit and Accounts, JSS Mahavidyapeetha, paid his reverence to Mahaswamiji through Nudi Namana. He highlighted the growth of Srimath Sutturu and the unforgettable contributions of Sri Shivarathri

Rajendra Mahaswamiji. He emphasized that, in today's era, it is essential for youth—especially medical students—to follow and adopt Swamiji's noble ideals and values.

The Chief Guests, Dr. C. G. Betsurmath, Executive Secretary, JSS Mahavidyapeetha, Mysuru, and Sri K. R. Santhanam, Director – Audit and Accounts, JSS Mahavidyapeetha, Mysuru, were felicitated by all the dignitaries as a mark of honour and respect.

Dr. B. Gurubasavaraja, Professor Emeritus, RGUHS, and Former CMO & Professor of our Institution, was also

felicitated on the occasion to convey our deepest gratitude. He has devoted his entire, illustrious professional journey to the glorification of our esteemed Institution through academic excellence and quality clinical service.

The Presidential Address was delivered by Dr. Sarbeswar Kar, Principal and Medical Superintendent, who expressed his deep gratitude and offered his prayers to His Holiness. The Vote of Thanks was delivered by Dr. Usha D. T., UG Coordinator and Professor, Department of PG Studies in Prasooti Tantra and Stree Roga.



## KARMA KOUSHALYA 2025 REPORT

In commemoration of the 110th Jayanthi Celebration of His Holiness Jagadguru Rajagurutilaka Dr. Sri Shivarathri Rajendra Mahaswamiji, and under the divine blessings of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, "Karma Koushalya 2025"—a two-day hands-on training programme on Panchakarma and Kriyakalpa—was organized by the Department of PG Studies in Panchakarma and Shalakyatantra on 9th and 10th September 2025 for Interns and Panchakarma Therapists of JSS Ayurveda Hospital. This year marked the second edition of this unique initiative, dedicated to bridging knowledge with clinical expertise.

A total of 100 delegates, including therapists, interns, and postgraduate scholars, enrolled and benefited from the programme. The training sessions were conducted over two days. The faculty members of the Panchakarma Department—Dr. Veena G. Rao, Dr. Seetha Devi P., Dr. Jyoti, Dr. Manasa S. D., and Dr. Vineeth C. P.—served as the resource persons for Panchakarma therapies. The faculty of the Shalakyatantra Department—Dr. Gavimath Shivanand, Dr. Sandhya Rani D., Dr. Greeshma Menon, and Dr. Chaya C.—served as the resource persons for Kriyakalpa. The sessions provided hands-on training to the delegates through PG scholars from the respective departments, ensuring a professional learning experience. On the first day, following breakfast, the first demonstration session was conducted on Nasya Karma and preparation of Niruha Basti, held from 9:00 a.m. to 11:00 a.m.



**JSS AYURVEDA MEDICAL COLLEGE, Mysuru, Karnataka, India**

In commemoration with  
110<sup>th</sup> Jayanthi celebration of His Holiness Jagadguru  
Rajagurutilaka Dr. Sri Shivarathri Rajendra Mahaswamiji

Divine Blessings

His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, Sri Veerasimhasana Mahasamsthana Math, Sutturu Sri Kshetra

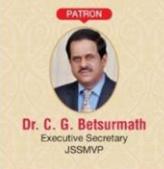
Organized by the Department of PG Studies in Panchakarma & Shalakya Tantra

**Karma Koushalya 2025**

A Hands-on Training Programme on Panchakarma and Kriya Kalpa.

Date 9<sup>th</sup> and 10<sup>th</sup> September 2025

**PATRON**



**Dr. C. G. Betsurmath**  
Executive Secretary  
JSSMVP

**CONVENOR**



**Dr. Sarbeswar Kar**  
Principal, JSSAMC

**CO - CONVENOR**



**Dr. Rajesh A. Udupudi**  
Dean, JSSAMC

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Director, Medical Education  
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**Organizing Committee**



**Dr Veena G Rao**  
Professor & HOD  
Dept. of PG Studies in Panchakarma



**Dr Gavimath Shivanand**  
Professor & HOD  
Dept. of PG Studies in Shalakya Tantra



**Dr Seetha Devi P**  
Associate Professor



**Dr Jyoti**  
Associate Professor



**Dr Manasa S D**  
Assistant Professor



**Dr. Vineeth C P**  
Assistant Professor



**Dr Sandhya Rani D**  
Professor



**Dr Greeshma Menon**  
Assistant Professor



**Dr Chaya C**  
Assistant Professor

JSS AYURVEDA MEDICAL COLLEGE, Mysuru, Karnataka, India



This was followed with Inaugural function.



To begin, the programme commenced with an invocation song by Dr. Ashmitha and Dr. Rashmi. Dr. Veena G. Rao, Professor and Head, Department of PG Studies in Panchakarma, welcomed the guests and the gathering.

The lamp-lighting ceremony was then conducted by the dignitaries on the dais — Principal Dr. Sarbeswar Kar, Dr. Rajesh A. Udapudi, Dean and Head,

Department of PG Studies in Kayachikitsa; Dr. Veena G. Rao, Professor and Head, Department of PG Studies in Panchakarma; and Dr. Gavimath Shivanand, Professor and Head, Department of PG Studies in Shalakyatantra.

Dr. Rajesh A. Udapudi, Dean, delivered the opening remarks, followed by the Presidential Address by Principal Dr.

Sarbeswar Kar. The Vote of Thanks was rendered by Dr. Gavimath Shivanand, Professor and Head, Department of PG Studies in Shalakyatantra.

After the inaugural session, the team proceeded with the second technical demonstration session on Jambbeerapindasweda and Patrapindasweda, conducted from 11:45 a.m. to 12:45 p.m.



Third session was on different modalities of Nethrakriyakalpa from

12.45 pm - 1.30 pm followed by lunch.

Fourth demo session was on

Nethrakriyakalpa from 2:30 to 3.30 pm.



Fifth session was on Sarvanga Abhyanga & Shastikashalipindasweda from 3.30 – 4:30 pm. By this Day-1 programme was completed.



On Day 2, the sessions were conducted similar to Day 1, and our Chief Guest, Dr. Rajesh Sugur, demonstrated and enlightened the participants about the Shastikashalipinda Sweda procedure. In all the sessions, under the guidance of our departmental staff, all Panchakarma and Shalakyatantra PG Scholars actively participated in the demonstrations of various therapies. Every delegate enthusiastically joined in learning the techniques. After each

session, an interactive discussion was held where the delegates' queries regarding therapies and treatment protocols for different diseases were effectively addressed. The two-day Hands-on Training Programme concluded with a valedictory function on 10/09/2025 at 4:00 PM, presided over by Dr. Sarbeswar Kar, Principal, Dr. Rajesh A. Udapudi, Dean, Department of PG Studies in Kayachikitsa, and the Organizing Secretaries, Dr. Veena G.



Rao and Dr. Gavimath Shivanand. The invocation song was rendered by Dr. Ashmitha and Dr. Rashmi, while the guest was welcomed and introduced by Dr. Kavya B., Final Year PG Scholar, Department of Panchakarma. Dr.

Seetha Devi P, Reader, Department of PG Studies in Panchakarma, also welcomed the guests and gathering. Overall, it was a great opportunity for the delegates to gain practical experience and hands-on

training from our learned and expert staff. The Hands-on Training Programme "Karma Koushalaya 2025" proved to be a grand success in terms of productivity and the quality of the practical sessions.

## STUDENT WELLNESS PROGRAMS (16-09-2025)

On 16-09-2025, a Student Wellness Program was organized for the students of Teresian College, Bannur Road, Siddhartha Layout, Mysuru, Karnataka. The event included yoga, meditation, Ayurveda diet demonstration, story-telling, and an interactive workshop.

The yoga session, followed by meditation, was conducted by the students and staff of the Department of

PG Studies in Swasthavritta. After the yoga session, a story-telling and interactive workshop was conducted by Dr. Greeshma Menon, Assistant Professor, Department of PG Studies in Shalakyatantra, where she explained the origin of Ayurveda and emphasized why everyone should follow its principles.

She also conducted an interactive session on eye diseases and

demonstrated eye exercises for the students.

An Ayurvedic diet display was arranged, featuring Nityasevaneeya Ahara Dravyas and Ahara Vargas. The faculty members and PG scholars explained the importance of an Ayurvedic diet through a lively, interactive discussion.

A total of 150 students participated in and benefitted from the program.

### Yoga and Meditation



### Storytelling and Interactive Session



## Ayurveda Diet Demonstration



## EXHIBITION ON MEDICAL PLANTS & PRODUCTS OF JSS AYURVEDA PHARMACY

From 15th to 23rd September 2025, a nine-day Exhibition-cum-Mini Expo was organized, beginning with the display of IEC materials on a large-screen television in the patients' waiting area.

The exhibition also featured a display of medicinal plants and products from JSS Ayurveda Pharmacy, aimed at educating patients and the general public about the benefits and applications of medicinal plants and Ayurvedic products. The Departments of PG

Studies in Dravyaguna and Rasashastra & Bhaishajya Kalpana presented an extensive exhibit of 25 different medicinal plants, along with detailed information about their therapeutic uses in treating common ailments and promoting overall well-being.

The exhibition further showcased a range of Ayurveda-based medicines prepared by JSS Ayur Pharma, highlighting the growing relevance of traditional medicine in modern healthcare. Additionally, patients and

visitors were encouraged to undergo Prakriti Parikshan to understand their individual body constitution.

The primary objective of the event was to promote awareness of natural and alternative healing methods and to provide a learning platform for understanding the safe and effective use of medicinal plants and Ayurvedic products. More than 200 patients and members of the public visited the exhibition and benefited from this initiative.



On 17-09-2025, a Walkathon was organized by the Department of PG Studies in Swasthavritta and Agada Tantra with the purpose of spreading awareness about Ayurveda and its importance among the general public. Slogans such as "Ayurveda iruvaga rogada bhayaveke" (When Ayurveda is

there, why should we fear disease?) and "Sattvika aharavane shantiyādhāra" (A Sattvik diet is the foundation of mental peace) were enthusiastically recited throughout the walkathon. The event covered a 2 km stretch, starting from Nadaprabhu Kempegowda Circle, near Alanahalli

Layout, and concluding at the Central GST Office, Siddharthanagar. A total of 150 undergraduate students, along with postgraduate scholars, staff members, Vice Principal, and Heads of Departments, actively participated in the walkathon, making it a spirited and successful awareness initiative



On 18-09-2025, the Departments of Sharira Rachana, Samhita & Siddhanta, and Kayachikitsa jointly organized a seminar on the topic "Digital Transformation of Ayurveda – Bridging Tradition and Technology." The session was delivered by Mr. Yashwanth S. D., Assistant Professor, Department of Electronics & Communication, Sri Jayachamarajendra College of Engineering. A total of 150 UG & PG students attended the seminar.



On 18-09-2025, a Public Awareness Program was also organised on the topic "Little steps to wellness," Ayurveda awareness for students at J S S W o m e n ' s C o l l e g e , Saraswathipuram, Mysuru, Karnataka. Awareness talk was delivered by Dr. Netra. B. Hubballi, Assistant Professor, Dept. of PG studies in Kayachikitsa about importance of Ayurveda in maintaining wellness of body and



mind, importance of Brahmi Muhurta, Dantadhavana, Jihva Nirlekhana, Kavala, Gandusha, Abhyanga, Vyayama, Snana, Nidra, Rutucharya, Do's and Don'ts in each Rutu and their importance in maintaining good health were elaborately explained to the students. The beneficiaries of the session were 100 including the faculties and students.



On 19-09-2025, **Dept. of PG studies in Kaumarabhrutya and Prasuti tantra & Striogahad** organised School & College Outreach program where in

122 students of JSS Public School and JSS Polytechnic College for Women, Mysuru, Karnataka had visited our College. They were given free Medical

Consultation, followed by Expo visit, Anatomy lab visit and an Interactive Awareness Session about Ayurveda were all arranged.



On 20-09-2025, **Dept. of PG Studies in Panchakarma, Shalya Tantra, Roga Nidan evam Vikriti Vigyan, Kaya Chikitsa, Shalakya Tantra, Swastavrutta and Prasooti & Streeroga**

had organised a **Medical & Wellness camp for Infosys employees and their family members at Infosys Campus, Mysuru**. All participants underwent a comprehensive health screening which

included free health check-up, personalised Yoga advise, diet counselling, CBG checks and BP monitoring. Around 267 people were benefited from the camp.

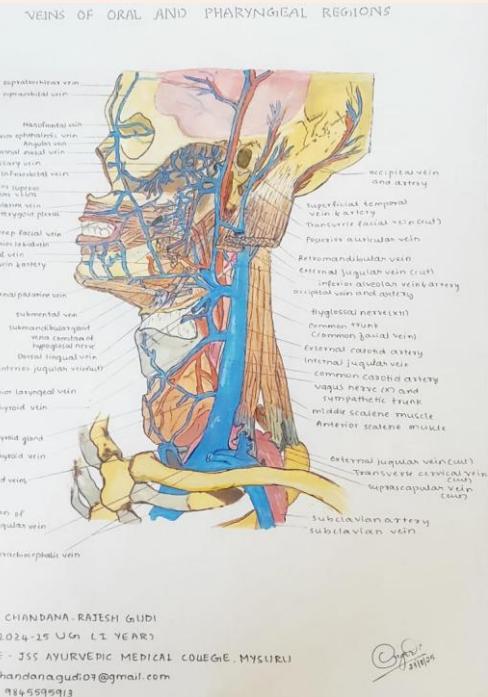


## DRAWING COMPETITION FOR 1<sup>ST</sup> B.A.M.S STUDENTS

In commemoration with 110th Jayanti celebrations of His Holiness Jagadguru Rajagurutilaka Dr. Sri Shivarathri Rajendra Mahaswamiji, Dept of Rachana Sharira had conducted a drawing competition for the students

of 1st year B.A.M.S on the theme of HUMAN ANATOMY on 13-09-2025. 13 students participated in the competition. Department faculty Dr. Alka J.K., Professor and H.O.D, Dr. Chaitra S, Associate Professor, and Dr.

Sruthi S, Assistant Professor co-ordinated and guided the students. Ms. Chandana R Gudi bagged the first prize, Ms. Sindhu Jagadeeshappa was titled the second winner and Ms. Anagha bagged the third place.



Dr. Manasa S.D., Assistant Professor, Department of PG studies in Panchakarma of our Institution was invited as a resource person to deliver lecture on the topic "Women's mental health" at Prerana program organised by Rangers unit, JSS College for Women, Mysuru on 29-09-2025.



## PAPER PRESENTATION COMPETITION

Dr. G.S. Sahana and Dr. Haripriya S., PG Scholars of the Dept. of PG studies in Dravyaguna Vignana have bagged SPECIAL JURY AWARD in Samsiddhi-2025 International Web Conference, conducted by Diksha Academy, in association with Dr. D.Y. Patil College of Ayurveda and Research Centre, Pune, Maharashtra and KLE Shri BMK Ayurveda Mahavidyalaya, Belagavi, Karnataka on 18th September 2025.



## RASADRAVYA SUCHANA QUIZ

A special quiz, "Rasadravya Suchana Quiz," was conducted for 2nd Prof (Senior) students in commemoration of the 110th Jayanthi Celebrations of His Holiness Jagadguru Rajagurutilaka Dr. Sri Shivarathri Rajendra Mahaswamiji, organized by the Department of PG & Ph.D. Studies in Rasashastra and Bhaishajya Kalpana.

The quiz was based on the compendium "Rasadravya Suchana", prepared by the students under the guidance of Dr. Sarbeswar Kar, Principal. Under this quiz series, two initial rounds of written quizzes were conducted for all 80 students. The top

24 scorers were selected and grouped into six teams, each comprising four students. Two rounds of oral quizzes were then held to determine the final winners. The written rounds were designed to assess the cognitive level of students, while the oral rounds focused on higher levels of learning.

The first and second rounds of the written quiz were held on 8th and 15th September, respectively, after which 24 top scorers were chosen for the oral rounds. The first oral round, held on 19th September, saw the elimination of the two lowest-scoring teams.

The final oral round was conducted on

20th September, determining the winners.

- First Place: Soundarya B., Varun Patel M. G., Banadeshwari, and Revathi K.
- Second Place: Geethika Phani Mungara, Amulya R., Sejal, and Keerthi C. Gowda.
- Third Place: Shreeya T. S., Bi Bi Sara Firdose H., Meghana M., and Srushti Gajakumar Patil.

All the 2nd Prof (Senior) students attended as the audience, participated actively, and benefitted greatly from the programme.



Department of PG Studies in Kayachikitsa organized a Guest Lecture on the topic "RAKTHA MOKSHANA" on 12/09/2025, Friday from 3 pm to 4 pm at JSS Ayurveda Medical College, Mysuru.



## REPORT OF MARMAGNIKOVIDA- 2025

"Marmagni Kovida – 2025,' a National Level Integrated Workshop on Pain Management, was organized on 13th September 2025 by the Department of PG and Ph.D. Studies in Shalya Tantra and the Department of PG Studies in Kayachikitsa at JSS Ayurveda Medical College, Mysuru.

The program was conducted in commemoration of the 110th Jayanthi Celebration of His Holiness Jagadguru Rajagurutilaka Dr. Shri Shivarathri Rajendra Mahaswamiji, under the divine blessings of His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji.

The workshop served as a unique initiative to bridge traditional Ayurvedic wisdom with modern clinical expertise, offering a platform for undergraduates, postgraduates, interns, faculty members, and practitioners to explore integrative approaches to pain management, with special emphasis on Marma Chikitsa and Agnikarma techniques, through hands-on training.

The one-day workshop commenced with registration at 8:00 a.m., followed by breakfast for the delegates. The program featured three distinguished resource persons: Dr. Saifudheen P., Medical Director and Senior Doctor at Ali Gurukkal's Shafi Ayurveda, Chelavoor, and Head of Department, KMCT Ayurveda Medical College, Calicut, Kerala; Dr. Srinivas H. T., Professor and Head, Department of Anesthesiology, JSS Medical College, Mysuru; and Dr. Basavaraj Swamy, Specialist in Agnikarma Therapy,

Sanjeevini Ayur Care Hospital, Basavakalyana.

Each of them shared invaluable knowledge and clinical expertise, ensuring that participants gained both theoretical understanding and practical exposure through hands-on sessions.

The first scientific session began at 9:00 a.m., with Dr. Saifudheen P. delivering a detailed lecture on Marma Chikitsa, followed by live demonstrations and hands-on training for all 150 delegates, allowing them to actively engage with Marma stimulation and manipulation techniques. The session was chaired by Dr. Shivakumar Alladakatti, Assistant Professor, BVVS Ayurveda Medical College, Bagalkot, and co-chaired by Dr. Prajwal, Assistant Professor, Maharaja Ayurveda Medical College, Mysuru.

The inaugural ceremony was graced by Chief Guest, Dr. Renuka Devi C., DAO, Mysuru, and Guest of Honour, Sri R. Mahesh, Director of Medical Education, JSS Mahavidyapeetha. The program was also attended by Dr. Sarbeswar Kar, Principal and Medical Superintendent; Dr. Rajesh A. Udapudi, Academic Dean; and Dr. Siddesh Aradhyamath, Organizing Secretary, Professor, and Head, Department of PG and Ph.D. Studies in Shalya Tantra.

The second scientific session, on Pain Management, was conducted by Dr. Srinivas H. T., Professor and Head, Department of Anesthesiology, JSS Medical College, Mysuru, who emphasized the assessment of pain and various approaches to managing

chronic pain conditions. The session was chaired by Dr. Nalini N., Professor and Head, Department of Shalya Tantra, GAMC, Mysuru, and co-chaired by Dr. Shalini U. A., Assistant Professor, Department of Shalya Tantra, Sushruta Ayurveda Medical College, Bengaluru.

The third scientific session resumed at 2:15 p.m., conducted by Dr. Basavaraj Swamy, who delivered a live demonstration on Agnikarma Therapy. The session was chaired by Dr. Parvathi P., Associate Professor, Department of PG Studies in Shalya Tantra, SDM Ayurveda College, Bengaluru, and co-chaired by Dr. Shashi Rekha, RMO, Government Ayurveda Medical College, Mysuru. The demonstration on patients showcased the effectiveness of Agnikarma in providing immediate pain relief, which was highly appreciated by the participants.

'Marmagni Kovida – 2025' concluded successfully with the Valedictory Function, marking the end of a day filled with insightful deliberations, practical demonstrations, and academic enrichment. The Valedictory Ceremony was presided over by Chief Guest, Dr. Bharathi D. Anvekar, Professor, Department of PG Studies in Shalya Tantra, SDM College of Ayurveda, Bengaluru. The event was also graced by Dr. Sarbeswar Kar, Principal and Medical Superintendent; Dr. Rajesh A. Udapudi, Academic Dean; Dr. Shivaprasad Hudedda and Dr. Srihari S., Vice-Principals; and the Organizing Secretary, Dr. Siddesh Aradhyamath.



## TEACHERS' DAY CELEBRATION – 2025



Teachers' Day was celebrated at our institution on 24th September 2025 in the gracious presence of esteemed guests, faculty members, postgraduate scholars, and undergraduate students.

The function blissfully commenced with an invocation by Miss Sampada and Miss Bhuvana. All the respected guests and the gathering were warmly welcomed by Dr. Beena M. D., PG Coordinator and Professor, Department of PG Studies in Kayachikitsa, which was followed by the lighting of the lamp by the guests and faculty members.

This was followed by Guruvandana, performed by Dr. S. Prarthana, Final

Year PG Scholar, Department of Shalya Tantra, and Miss Abhijna K. Murthy, 3rd Prof UG Student.

On this occasion, the Chief Guest, Sri Revanna Swamy, Director (In-Charge), Medical Education Division, JSS Mahavidyapeetha, delivered an inspiring speech, sharing his thoughts on the importance of teachers and their influence in shaping a healthy and responsible society.

The event then proceeded with the felicitation of the Best Teacher Awardees. The citation for the Best Teacher Award was presented to Dr. Kiran M. Goud, Principal, Sri Kalabyraveshwara Swamy Ayurvedic Medical College and Research Centre,

Bengaluru, by Dr. Aiyanna, Associate Professor, Department of PG Studies in Shalya Tantra, JSSAMC, Mysuru. He was then felicitated by all the dignitaries.

Dr. Kiran M. Goud shared his experiences and fond memories of great teachers who had influenced his life, expressing gratitude with humility and warmth.

The In-House Best Teacher Award was presented to Dr. P. Sudhakar Reddy, Professor and Head, Department of PG Studies in Swasthavritta, JSSAMC, Mysuru. The citation was read by Dr. Visal S. Kumar, Associate Professor, Department of PG Studies in Kaumarabhritya,

JSSAMC, Mysuru, followed by felicitation by the dignitaries. Dr. Sudhakar Reddy addressed the gathering, sharing his experiences in teaching and clinical practice, and expressed heartfelt gratitude to the institution.

The Presidential Address was delivered by Dr. Sarbeswar Kar, Principal and Medical Superintendent, JSS Ayurveda Medical College and Hospital, who

presided over the function. He congratulated the awardees and shared his experiences of working with them. He also reflected on how teachers play a pivotal role in shaping the lives of students through their dedication and mentorship.

The Vote of Thanks was rendered by Dr. Usha D. T., UG Coordinator and Professor, Department of PG Studies in Prasooti Tantra and Stree Roga,

JSSAMC, Mysuru, expressing heartfelt gratitude to all who contributed to the success of the programme.

The Master of Ceremony was handled by Dr. Poornima Jalawadi, Associate Professor, Department of PG Studies in Shalya Tantra, JSSAMC, Mysuru. The celebration concluded with a lunch arranged for the faculty members and guests, marking the end of a memorable and joyous occasion.

## BLOOD DONATION PROGRAM

The Department of PG Studies in Roga Nidan evam Vikriti Vigyan, Department of Kriya Sharira, NSS Unit, and Youth Red Cross Unit of our institution, in association with JSS Hospital, Mysuru, organized a Blood Donation Camp on 23rd September 2025 at JSS Ayurveda Hospital, Mysuru, in commemoration of the 110th Jayanthi Celebration of Jagadguru Rajagurutilaka Dr. Shivarathri Rajendra Mahaswamiji.

The program was inaugurated by the Chief Guest, Dr. Pallavi, Blood Bank Officer, JSS Hospital, Mysuru. In her address, she emphasized the

importance of voluntary blood donation, highlighting its merits and social value. She also congratulated the institution for organizing blood donation camps regularly each year, encouraging continued participation in this noble cause.

Dr. Sarbeswar Kar, Principal and Medical Superintendent, JSS Ayurveda Medical College and Hospital, Mysuru, spoke about the significance of blood donation, describing it as one among the Trividha Dasoha — Arogya Dasoha, and extended his best wishes to all the

donors. He also expressed gratitude to Dr. Pallavi and the Blood Bank Division team, JSS Hospital, for their collaboration and support in successfully conducting the camp. All consultants, teaching and non-teaching faculty members, along with PG scholars, interns, and UG students, actively participated in the program.

A total of more than 120 donors (students and faculty) were screened, and 56 units of blood were successfully collected during the camp.



## SANSKRIT SAPTAH AND SANSKRIT DAY CELEBRATIONS

Sanskrit Day was observed on 13th September 2025, during which 1st-year BAMS students enthusiastically showcased their talents.

The program was inaugurated by Dr. Jaywant Chaudhari, Professor and Head, Department of Vyakarana, Kavikulaguru Kalidasa Sanskrit University, Nagpur, Maharashtra.

A total of 100 students participated in various activities organized as part of

the Sanskrit Saptah celebrations. In the Art Exhibition, students presented their research and creative work on topics related to ancient Sanskrit culture and heritage, such as:

- Ancient Board Games
- Women Sanskrit Scholars – From the Ancient to the Modern Era
- Sanskrit and Computers
- Ancient Sanskrit Coins

- Ancient Scripts Used for Sanskrit
- Sanskrit Slogans Around the Globe

Additionally, a Singing Competition featuring Bollywood songs translated into Sanskrit and a Tattoo Competition were among the unique highlights of the event. All students participated with great enthusiasm. The celebration aimed to enhance students' knowledge and appreciation of the vast and timeless field of Sanskrit.

