



JSS AYUR BULLETIN

Monthly Newsletter

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Pragati - 2025-Transitional curriculum for 1st Professional BAMS batch 2025-26 (Prescribed by NCISM, New Delhi)

The **Transitional Curriculum for the newly admitted BAMS batch 2025-26** commenced on **19th November 2025** at JSS Ayurveda Medical College, Mysuru, in a well-planned and student-friendly environment. The program aimed at smoothly orienting students from pre-university education to professional Ayurvedic studies through academic, cultural, and value-based learning.

The inaugural ceremony was graced by **Dr. Aruna**, Former Principal, Government Ayurveda Medical College, Mysuru; **Sri. R. Mahesh**, Director, Medical Education Division, JSS Mahavidyapeeta; and **Dr. Sarbeswarkar**, Principal, JSS

Ayurveda Medical College. The curriculum included academic orientation on basic principles of Ayurveda, professional ethics, life skills, Sanskrit learning, skill-based training, digital learning, and exposure to emerging areas such as AI in medical education.

A special highlight was the **rural community outreach program "Jeevaneeya,"** which provided students with practical exposure to Ayurveda-based public health activities. The program concluded on **4th December 2025** with **Dhanvantari Pooja and Shishya Upanayana Ceremony**, followed by the valedictory session in the divine presence of **Swamiji Divyapaadaji**, who blessed the students.



Falicitation to chief guest Dr. Aruna



Campus visit



Valedictory programme



Basic life science training session



Inaguration of Pragathi 2025 by dignitaries

Patron

- Sri. R. Mahesh

Editor-in-chief

- Dr. Sarbeswarkar

Advisory Board

- Dr. Rajesh A Udapudi
- Dr. Shivaprasad Hudedu

Editorial Board

- Dr. Nischitha M. S.
- Dr. Shalini S
- Dr. Greeshma Menon



Field visit to garden



Full day rural community outreach programme –Jeevaneeyam



Dhanvantari Pooja and Shishya Upanayana Ceremony

National Pollution Prevention Day



On the occasion of **National Pollution Prevention Day**, the **Department of PG Studies in Swasthavritta, JSS Ayurveda Medical College, Mysuru**, organized a **Health Awareness Talk** on 2nd

December 2025 at Government Higher Primary School, Uthanahalli Village. Department PG scholars spoke on the effects of **air, water, and land pollution** and their preventive measures. **Dr. Shalini S., Associate**

Professor, addressed school children on practical pollution-prevention practices, followed by a **pledge-taking session**. The program benefited **69 participants**.



On the eve of **World AIDS Day-2025**,
the **Department of PG Studies in**
Swasthavritta and NSS Unit, JSS
Ayurveda Medical College, Mysuru,
in collaboration with **Government**
Higher Primary School, Uthanahalli,
organized an **AIDS Awareness Jaatha**
on **1st December 2025** at **Uthanahalli**
Village.

Faculty members and NSS officers addressed **5th to 7th standard students** on AIDS and its prevention. School children participated in the rally with placards and slogans spreading awareness in the village. Faculty members, PG scholars, and school staff actively took part in the event.



With the blessings of His Holiness, our college JSS Ayurveda Medical college, Mysuru has been awarded with Institution of Happiness 2025 - 26 (IOH) certificate by QS I GAUGE, QS ERA India ltd in the college category.



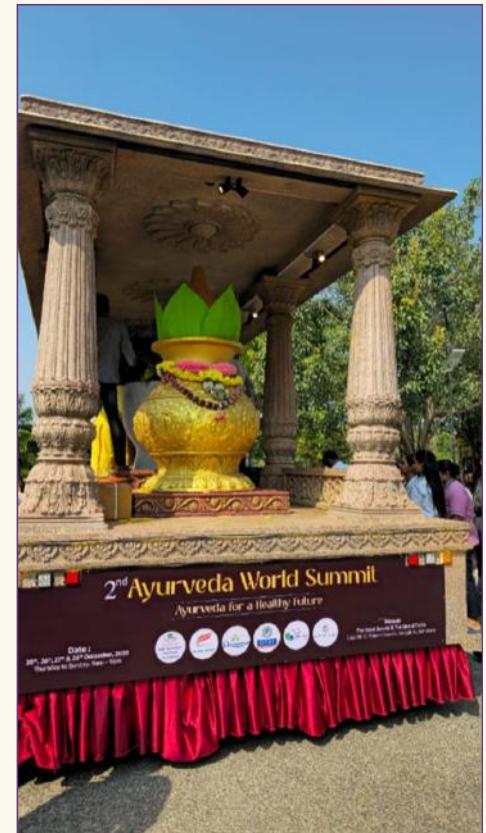
Dr. Veena G Rao, Professor & Head, Dept of PG studies in Panchakarma, JSS Ayurveda Medical College & Hospital, Mysuru felicitated at International Seminar on Ahara-Vihara and Arogya Vichara organised by Cauvery Ayurveda Medical College, Mysore for chairing a scientific session.



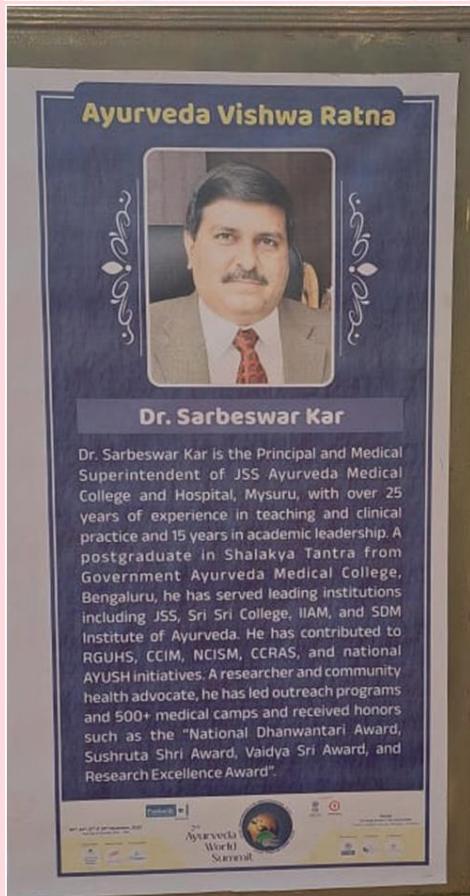
Dr Sharanya, Final year PG Scholar, Department of PG Studies in Kayachikitsa, Secured best paper award for the scientific paper presentation in International Conference on "Ayurveda and Integrative Approaches to Obesity & Metabolic Syndrome", organised by Central Ayurveda Research Institute, Bengaluru-Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Govt. of India, in collaboration with IISc and NIMHANS, Bengaluru.



Dr. Haripriya S, 2nd year PG Scholar, Department of PG Studies in Dravyaguna Vijnana, Secured best paper award for the online paper presentation in International Conference on "Ayurveda and Integrative Approaches to Obesity & Metabolic Syndrome", organised by Central Ayurveda Research Institute, Bengaluru-Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Govt. of India, in collaboration with IISc and NIMHANS, Bengaluru.



**Ayurveda Ratha Yatra arrived at JSS
Ayurveda Medical college, Mysuru
as part of 2nd Ayurveda World
Summit 2026 on December 2026**

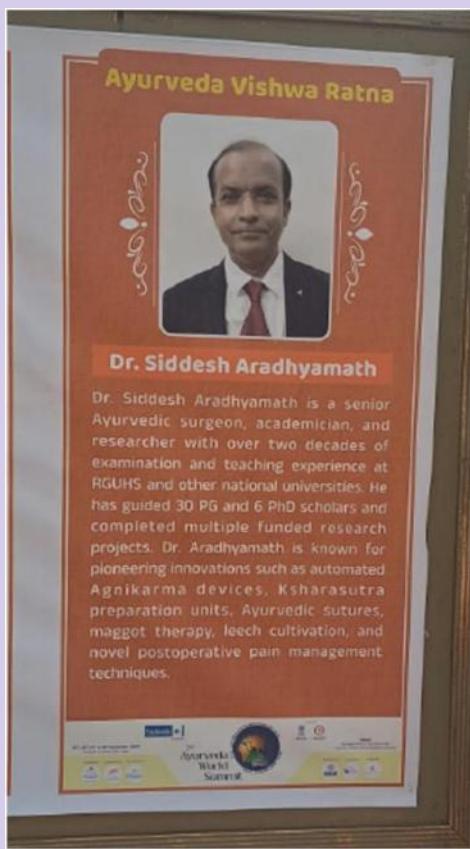


Dr. Sarbeswarkar, Principal JSS Ayurveda Medical College, Mysuru was awarded with "Ayurveda Vishwa Ratna Award" in Ayurveda World summit 2025 at Bangalore on 25th December 2025



Dr. Veena G Rao, Professor & Head, Department of PG studies in Panchakarma, JSS Ayurveda Medical College, Mysuru was awarded with "Ayurveda Vishwa Ratna Award" in Ayurveda World summit 2025 at Bangalore on 25th December 2025



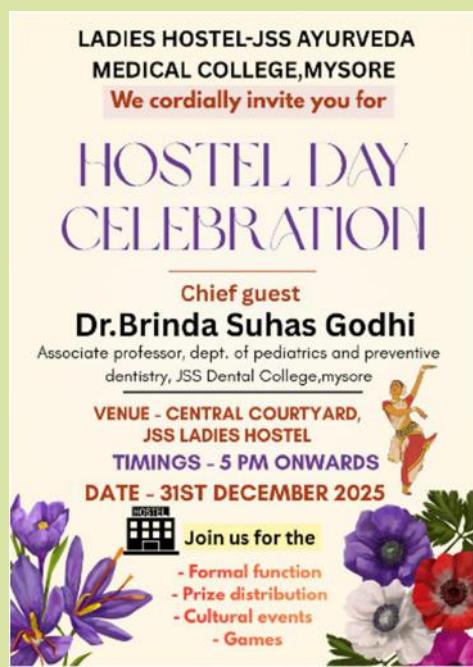


Dr. Siddesh Aradhyamath, Professor & Head, Department of PG and Ph.D. studies in Shalya tantra, JSS Ayurveda Medical College, Mysuru was awarded with "Ayurveda Vishwa Ratna Award" in Ayurveda World summit 2025 at Bangalore

Dr. Siddesh Aradhyamath, Professor & Head, Department of PG and Ph.D. studies in Shalya tantra, JSS Ayurveda Medical College, Mysuru delivered a talk at Ayurveda World summit 2025 at Bangalore on 27th December 2025



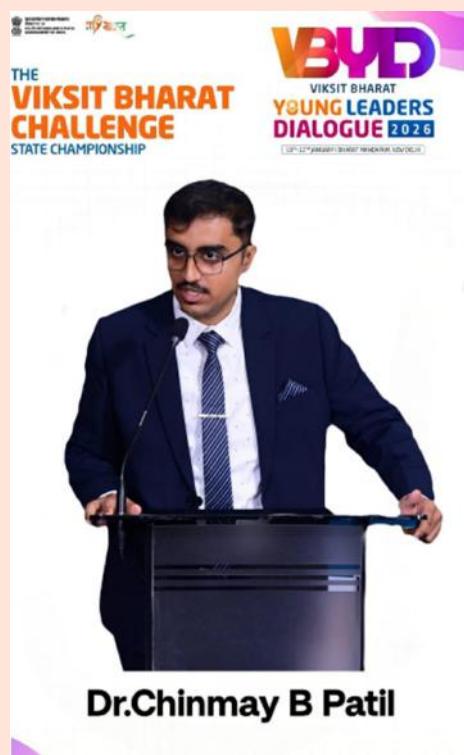
Dr. Sukanya Busari, 2nd year PG scholar, Dept of PG studies in Prasooti Tantra & Streeroga won 2nd prize in case presentation of Rs.12500/- in 2nd Ayurveda World Summit, Bengaluru. She presented a paper on Managing FGR due to placental insufficiency through Narikela rasayana a case report.



Ladies Hostel Day was celebrated at **JSS Ayurveda Medical College, Mysuru**, on **31st December 2025 at 5.00 p.m.** **Dr. Brinda Suhas Godhi**, Associate Professor, Department of Pediatrics and Preventive Dentistry,



JSS Dental College, Mysuru, was the **Chief Guest** and inaugurated the program. **Dr. Jyothi K. B., Warden and Professor, Department of Kaumarabhritya**, welcomed the gathering. Prizes were distributed to UG and PG students for various competitions, with **Room No. 301** winning the Best Room Award. The program concluded with cultural events



Dr. Chinmay B Patil and Dr. Suhas DC, House surgeon, JSS Ayurveda Medical College, Mysuru participated in the "State level Championship" of "Viksyit Bharat Young leaders dialogue- 2026". Conducted at The Sehsadripuram College, Bengaluru By 'The Ministry of Youth affairs and sports, Government of India'. They were selected for the state round, among 3 lakh students who had participated for the competition.

**An Initiative of Sri. M. S. Ramaiah
Navkis Educational Centre
Mysore Campus**

The Management, Principal, Staff & Students of NECM cordially invite you to

JUNIOR SPORTS DAY 2025-2026

Chief Guest
Dr. Jyothy K.B
Professor, Dept. of Paediatrics,
JSS Ayurveda Medical College, Mysore.

22 December 2025 | 9:00am onwards
OVAL GROUND

Activities | Display | Track & Field events | Skill Games | Kho-Kho | Dodge Ball

Join us for a day of sports, fun, and community spirit!!!



Dr.Jyothy K B, Professor, Deprtment of PG studies in Koumarabhruthya, participated as chief guest at Junior Sports Day 2025-2026 at Navkis Educational Centre, Mysuru on 22nd December 2025.



Dr.Harshita V Kumar & Dr. Sapana S Kagale, House surgeon, JSS Ayurveda Medical College & Hospital, Mysuru won best Poster Award at International Seminar on Ahara- Vihara and Arogya Vichara organised by Cauvery Ayurveda Medical College, Mysore