

JSS COLLEGE OF NURSING, RAMANUJA ROAD, MYSURU-04

OUTREACH ACTIVITIES FROM DEPT OF COMMUNITY HEALTH NURSING FOR I –GAUZE

PROGRAMMES REPORT

- **RURAL COMMUNITY**
 - a. Nutritional programs
 - b. School health programs
 - c. Rally
- **URBAN COMMUNITY**
 - a. Nutritional programs
 - b. School health programs
 - c. Roleplay

LIST OF SCHOOL HEALTH PROGRAMS IN RURAL

- Process of digestion
- healthy lifestyle
- prevention of dengue fever
- junk food
- prevention and management of oral care
 - Nutrients
- immunization schedule
- respiratory system
- excretory system
 - Functions of heart

1.

PROCESS OF DIGESTION


CONDUCTED ON:26/06/24

OBJECTIVES: To provide knowledge regarding
process of digestion

UNDER THE GUIDANCE OF: Mr. Sunil Kumar

**HEALTH EDUCATION
ON
PROCESS OF DIGESTION**
GH. PILLAHALLI, KARNATAKA, INDIA




 **GPS Map Camera**

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250447°
Long 76.761964°
26/06/24 11:17 AM GMT +05:30



Google



 GPS Map Camera



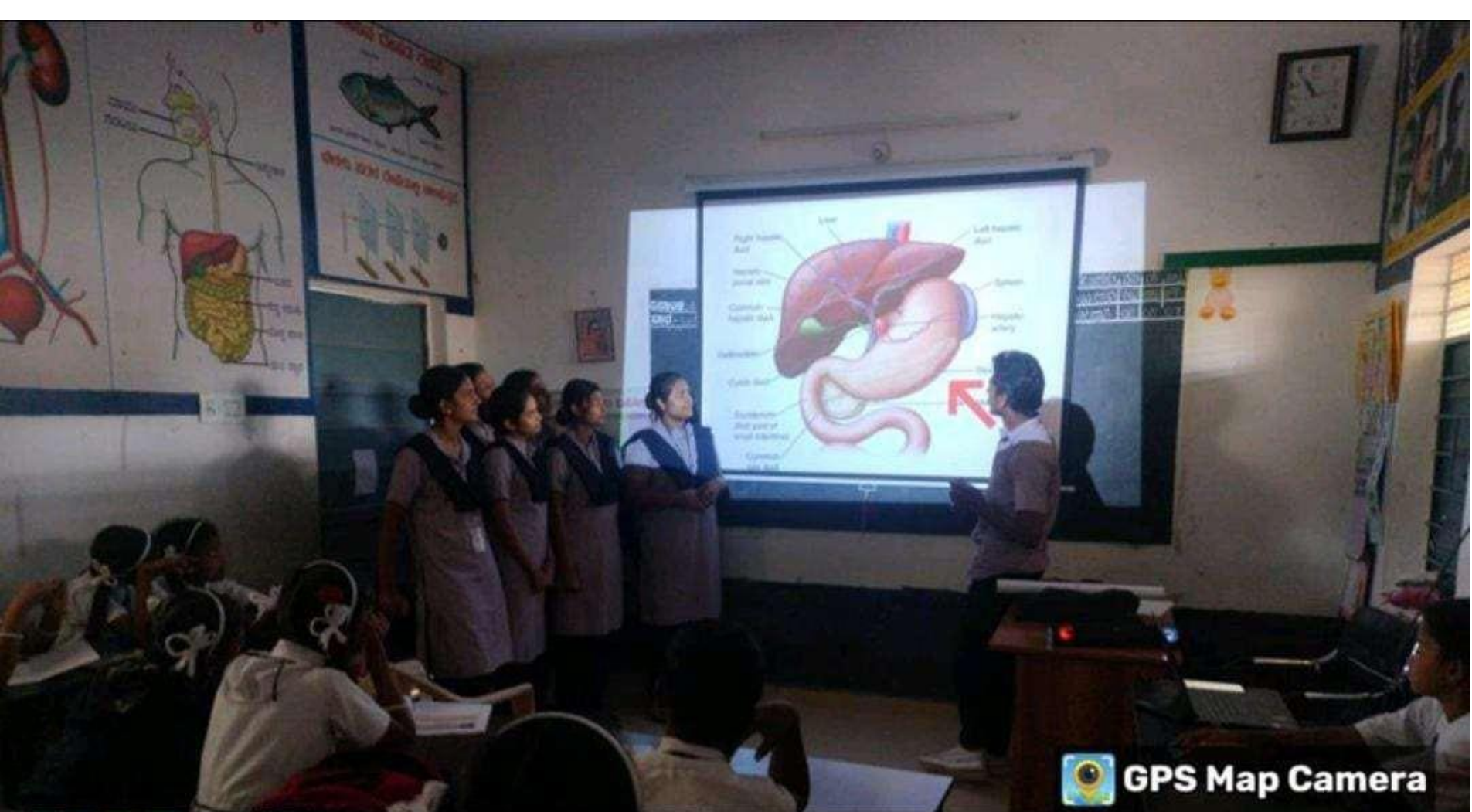
Pillahalli, Karnataka, India

7Q26+4P, Pillahalli, Karnataka 570010, India

Lat 12.250466°

Long 76.761963°

26/06/24 10:53 AM GMT +05:30



 **GPS Map Camera**

Pillahalli, Karnataka, India

7Q26+4P, Pillahalli, Karnataka 570010, India

Lat 12.250466°

Long 76.761963°

26/06/24 10:53 AM GMT +05:30



Google

APPRECIATION

The school's science teacher praised the class for being presented in clear and understandable language.

CONDUCTED ON:24/06/24

OBJECTIVES: To develop healthy habits and
behaviour among school children

UNDER THE GUIDANCE OF: Mr . Sunil Kumar

HEALTH EDUCATION ON HEALTHY LIFESTYLE

@GHS PILLAHALLI





APPRECIATION

The headmistress expressed her appreciation for the class on healthy living, highlighting that the students grasped the concept of a healthy lifestyle.

3.

DENGUE FEVER

- CONDUCTED ON:20/06/24
- OBJECTIVES: To provide awareness regarding prevention of dengue fever
- UNDER THE GUIDANCE OF: Mr . Lingaraju C.M



GPS Map Camera



Google

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.25046°
Long 76.762022°
20/06/24 11:13 AM GMT +05:30



GPS Map Camera



Mysuru, Karnataka, India

No.429, 9th Main, Swimming Pool Rd, Saraswathipuram, Mysuru, Karnataka
570009, India

Lat 12.303447°

Long 76.630266°

20/06/24 10:43 AM GMT +05:30



GPS Map Camera



Mysuru, Karnataka, India
No.429, 9th Main, Swimming Pool Rd, Saraswathipuram, Mysuru, Karnataka
570009, India
Lat 12.303447°
Long 76.630266°
20/06/24 10:46 AM GMT +05:30

APPRECIATION

The social science educator expressed gratitude to the group for focusing on dengue fever as their topic. She also highlighted the positive dynamics of the class, indicating that the students are now knowledgeable about how to prevent dengue fever.

4.

JUNK FOOD

- CONDUCTED ON:18/06/24
- OBJECTIVES: To provide awareness regarding ill effects of junk foods
- UNDER THE GUIDANCE OF: Mr . Sunil Kumar





JSS COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

HEALTH EDUCATION ON

ORAL HYGIENE

AND

HEALTH HAZARDS OF TOBACCO

ITS PREVENTION



APPRECIATION

The teacher valued the class on junk food, and the students learned about the challenges related to junk food consumption.

5. PREVENTION AND MANAGEMENT OF ORAL CARE

- CONDUCTED ON :14/06/24
- OBJECTIVES: To provide awareness regarding oral hygiene
- UNDER THE GUIDANCE OF: Mr . Sunil Kumar





APPRECIATION

The science instructor praised the choice of topic and the teaching methods employed, and the students gained an understanding of the significance of oral hygiene and how to maintain it.

- CONDUCTED ON:12/07/24
- OBJECTIVES: To provide awareness regarding importance of nutrients
- UNDER THE GUIDANCE OF: Mrs . Sahana.B,
Mr.Sunil kumar



ಶಿಕ್ಷಣದ ಬಯಕೆಗೆ 2024-25

TSS COLLEGE OF NURSING, MYSURU
Job NUT

ನಿರ್ದೇಶಕರು	04	08
ಪ್ರಾಚಾರ್ಯರು	04	08
ಪ್ರಾಚಾರ್ಯರು	04	08



 GPS Map Camera

Pillahalli, Karnataka, India
 7Q26+4P, Pillahalli, Karnataka 570010, India
 Lat 12.250461°
 Long 76.762006°
 12/07/24 11:51 AM GMT +05:30





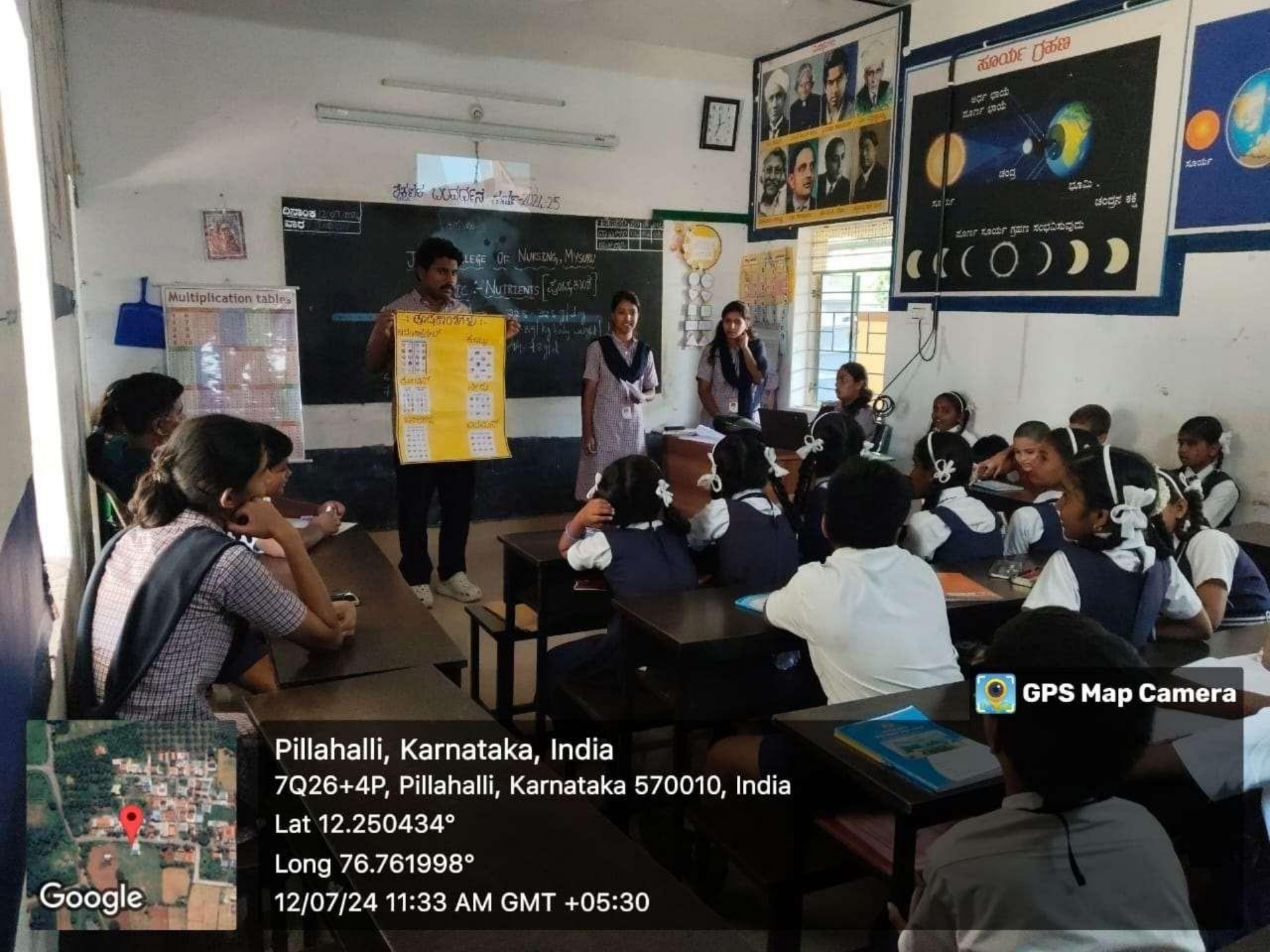
ತೆರಳು ಕೆಲಸ ಮಾಡುವುದು ಬಹಳ ಮುಖ್ಯವಾದ ಕೆಲಸ



Google

 **GPS Map Camera**

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250443°
Long 76.762013°
12/07/24 11:39 AM GMT +05:30



Multiplication tables

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

ಆಹಾರ ಪದಾರ್ಥಗಳು

ಕಾರ್ಬೋಹೈಡ್ರೇಟ್	ಪ್ರೋಟೀನ್	ಫೇಟ್	ವಿಟಮಿನ್	ಮಿನರಲ್
ಗಿಣ್ಣು	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು
ಅಕ್ಕಿ	ಬಿಸ್ಕೆಟ್	ಬೆಣ್ಣೆ	ಫಲ	ಹಣ್ಣು

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250434°
Long 76.761998°
12/07/24 11:33 AM GMT +05:30

GPS Map Camera



Google

APPRECIATION

The headmistress and teachers highly valued the class focused on nutrients, where students gained insights into the significance of nutrients and the importance of maintaining a balanced diet.

7.

IMMUNISATION SCHEDULE

- CONDUCTED ON:11/07/24
- OBJECTIVES: To provide knowledge regarding immunisation schedule and its importance
- UNDER THE GUIDANCE OF: Mrs. Sahana B



GPS Map Camera

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250284°
Long 76.762034°
11/07/24 11:42 AM GMT +05:30



Google



GPS Map Camera



Pillahalli, Karnataka, India
 7Q26+4P, Pillahalli, Karnataka 570010, India
 Lat 12.250384°
 Long 76.761972°
 11/07/24 10:48 AM GMT +05:30



Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250401°
Long 76.762024°
11/07/24 10:50 AM GMT +05:30

 **GPS Map Camera**

appreciation

The instructor acknowledged the importance of immunization, and the students engaged well during the lesson.

- CONDUCTED ON:08/07/24
- OBJECTIVES: To provide awareness regarding respiratory system
- UNDER THE GUIDANCE OF: Mrs. Sahana B

ಶಿಕ್ಷಣ ಯುವನ ವರ್ಷ-2024-25

7 ನೇ ತರಗತಿ

ದಿನಾಂಕ 08-08-24
ವಾರ - ಸೋಮವಾರ

ಷಿಫ್ಟ್:
JSS College of Nursing
Department of Community
Health Nursing



1ನೇ ತರಗತಿ	08	09	10	11	12
2ನೇ ತರಗತಿ	01	02	03	04	05
3ನೇ ತರಗತಿ	06	07	08	09	10



GPS Map Camera



Mysuru, KA, India
Mysuru, Mysuru, 570010, KA, India
Lat 12.250436, Long 76.762007
07/08/2024 11:15 AM GMT+05:30
Note : Captured by GPS Map Camera





ಶುಭಂ ಬಂಧನಂ ನಮಃ-20/7/25



GPS Map Camera

Pillahalli, Karnataka, India
7Q26+FMR, Pillahalli, Karnataka 570010, India
Lat 12.251773°
Long 76.762773°
08/07/24 10:58 AM GMT +05:30

Google



appreciation

The session about the respiratory system was extremely insightful, and the teacher received high praise.

9.

EXCRETORY SYSTEM

- CONDUCTED ON:04/07/24
- OBJECTIVES: To provide knowledge regarding kidney function
- UNDER THE GUIDANCE OF: Mr . Sunil Kumar



Google

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.25046°
Long 76.761995°
04/07/24 10:44 AM GMT +05:30

 GPS Map Camera

ಶಾಲೆಗೆ ಬಂದವನ ದಿನ - 2024-25

ದಿನಾಂಕ: 03/07/24
ವಾರ: ಬುಧವಾರ



ಗ್ರಾ.ಪಂ.:	00	00	00
ಅ.ಸಂ.:	00	00	00
ಕಾ.ಸಂ.:	03	05	06



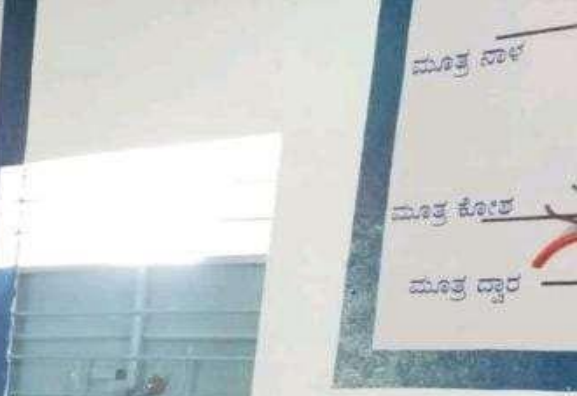
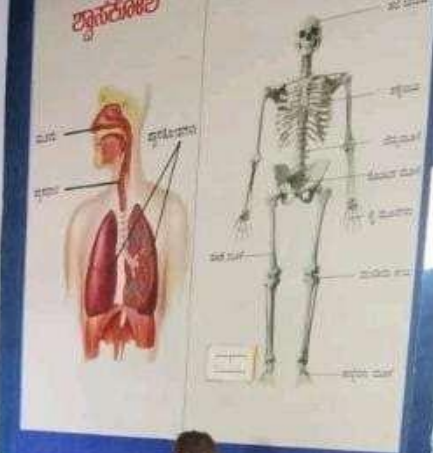
Multipl...bles



Google

Pillahalli, Karnataka, India
 7Q26+4P, Pillahalli, Karnataka 570010, India
 Lat 12.250452°
 Long 76.761985°
 04/07/24 11:02 AM GMT +05:30

GPS Map Camera



 **GPS Map Camera**

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250432°
Long 76.761987°
28/06/24 11:35 AM GMT +05:30



Google

appreciation

The teacher valued the class on the excretory system, noting that it was very clear and that the students gained insights into the functions of the excretory system.

10.

FUNCTIONS OF HEART

- CONDUCTED ON:28/06/24
- OBJECTIVES: To give awareness regarding heart and its functions
- UNDER THE GUIDANCE OF: Mrs . Sahana B



 GPS Map Camera

Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250436°
Long 76.761976°
28/06/24 11:38 AM GMT +05:30



Google



ಶೈಕ್ಷಣಿಕ ಯೋಜನೆಯ ವರ್ಷ-2024-25

ಮನುಷ್ಯನ ಹೃದಯ
ಹೃದಯದ ಕಾರ್ಯ
ಹೃದಯದ ರಚನೆ ಮತ್ತು ಕಾರ್ಯ
ಹೃದಯದ ರಚನೆ ಮತ್ತು ಕಾರ್ಯ
ಹೃದಯದ ರಚನೆ ಮತ್ತು ಕಾರ್ಯ

Multiplication tables

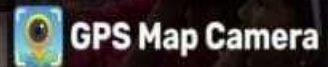
GPS Map Camera



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.252786°
Long 76.757999°
28/06/24 11:11 AM GMT +05:30



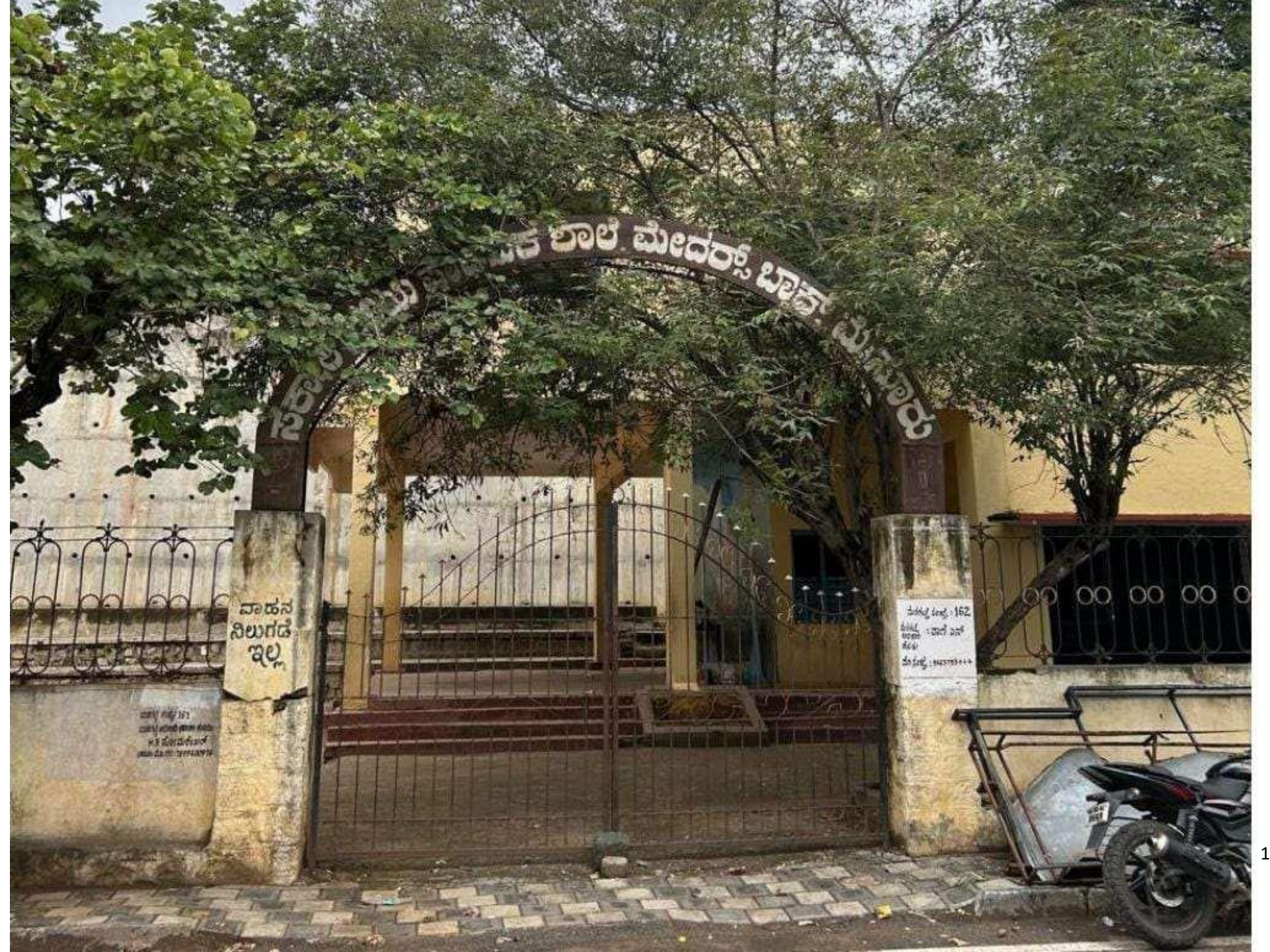
Pillahalli, Karnataka, India
7Q26+4P, Pillahalli, Karnataka 570010, India
Lat 12.250486°
Long 76.762048°
28/06/24 11:16 AM GMT +05:30



appreciation

The educator appreciated the lesson on heart functions, observing that it was exceptionally clear and that the learners acquired knowledge about the workings of the excretory system.

1. PREVENTION OF ACCIDENT AMONG CHILDREN
2. BREAST SELF EXAMINATION
3. JUNK FOOD
4. PERSONAL HYGIENE
5. DENGUE FEVER
6. HEALTH EDUCATION ON POPULATION EXPLOSION
7. MENSTRUAL HYGIENE



ವಾಹನ
ನಿಲುಗಡೆ
ಇಲ್ಲ

ಪುಸ್ತಕ ಕೋಶ : 162
ಮಕ್ಕಳ
ಉಪಯುಕ್ತ : ವಾಹನ ನಿರ್ವಹಣೆ
ನಿರೀಕ್ಷಣೆ : 1999

ವಾಹನ ನಿರ್ವಹಣೆ
ಮಕ್ಕಳ ಉಪಯುಕ್ತ
ನಿರೀಕ್ಷಣೆ : 1999

త.రా.సు.రంగ మంటప



1. PREVENTION OF ACCIDENT AMONG CHILDREN

- CONDUCTED ON :- 09/07/24
- OBJECTIVES :-To provide knowledge regarding prevention of accident among school children
- UNDER GUIDANCE OF:MRS.DHANALAKSHMI,
MR.LINGARAJU.CM



Handwritten text on a poster on the wall.

Handwritten text on a poster on the wall.

Date: 27/09/2024
Day: Tuesday

English

magic garden



GPS Map Camera

Mysuru, KA, India

3rd Main Road, Bamboo Bazar, Mysuru,
570021, KA, India

Lat 12.329601, Long 76.642692

07/09/2024 10:35 AM GMT+05:30

Note : Captured by GPS Map Camera



appreciation

The instructor acknowledged the prevention of accident among children, and the students engaged well during the lesson.

2.BREAST SELF EXAMINATION

- CONDUCTED ON :-11/07/24
- OBJECTIVES:-To provide knowledge regarding breast self examination among adolescent girls in the school.
- UNDER GUIDANCE OF:MRS.DHANALAKSHMI,
MR.LINGARAJU.CM

ಸನ್ಮಾನಿತ ವಾಗ್ವರವರು
ಭೂಜನಾಲಯ ಕಟ್ಟಡ

ಭೂಜನಾ-1098 ಮೈಸೂರು



Mysuru,KA,India

3rd Main Road, Bamboo Bazar, Mysuru,
570021, KA, India

Lat 12.329029, Long 76.642901

07/11/2024 12:04 PM GMT+05:30

Note : Captured by GPS Map Camera

appreciation

The headmistress stated her thanks for the session on breast self-examination, emphasizing that the students comprehended the concept well.

3.

JUNK FOOD

- CONDUCTED ON:-03/07/24
- OBJECTIVES :-To provide knowledge regarding prevention of junk food.
- UNDER GUIDANCE OF:MRS.DHANALAKSHMI,
MR.LINGARAJU.CM



 **GPS Map Camera**

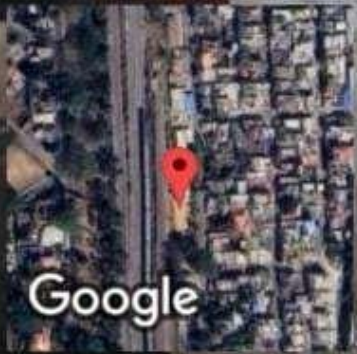
Mysuru, Karnataka, India

2203/192D-25, 2203/114, 3rd Main Rd, Bamboo Bazar, Mysuru, Karnataka 570015, India

Lat 12.329295°

Long 76.642772°

03/07/24 11:14 AM GMT +05:30



Google

The teacher valued the class on junk food, and the students learned about the challenges related to junk food consumption.

4.

PERSONAL HYGIENE

- CONDUCTED ON:-28/06/24
- OBJECTIVES:-To provide knowledge regarding Personal hygiene.
- UNDER GUIDANCE OF:MRS.DHANALAKSHMI,
MR.LINGARAJU.CM



 **GPS Map Camera**

Mysuru, Karnataka, India
8JHV+V4V, 3rd Main Rd, Medar Block, Mysuru, Karnataka 570021, India
Lat 12.32948°
Long 76.642737°
28/06/24 11:34 AM GMT +05:30



Google

appreciation

The educator acknowledged the class that focused on personal hygiene, where students ~~understood the vital role of keeping themselves clea~~

5.

MENSTRUAL HYGIENE

- CONDUCTED ON:-19/06/24
- OBJECTIVES:-Provide knowledge regarding
- menstrual hygiene among schoolchildren.
- UNDER GUIDANCE OF:Mrs.Sandhya Rani
Mrs.Elizabeth lizzi



appreciation

The instructor recognized the session dedicated to menstrual hygiene, which enabled ~~students to comprehend the essential importance~~ of personal cleanliness.

NUTRITION PROGRAMMS
CONDUCTED IN RURAL
COMMUNITY

1. VERMICELLE PUDDING

- CONDUCTED ON :24/06/24
- UNDER GUIDANCE OF:MR.SUNIL KUMAR



Vermicelle Pudding MENU PLAN

Sl. No.	ITEM	AMOUNT	QTY	UNIT	PKT	PRICE	AMOUNT
1	VERMICELLE	50g	10g	34	-	0.0079	0.316
2	SUGAR	50g	47.5	0.2	0.02	0.06	2.85
3	FLOUR	50ml	15	9	2.5	0.09	1.35
4	EGG	3	0.6	0.2	2.90	0.03	0.174
5	BUNDS	1/8	1.4	0.1	1.67	0.06	0.868
6	SPICES	-	-	-	0.02	-	0.02
TOTAL		77.6	187	732	0.367	669	6.69

ಶಿಕ್ಷಣ ಅಭಿವೃದ್ಧಿ ಮಂಡಳಿ
ಬೆಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

ಹಾಲು, ಶಾಖರ, ಬೆಣ್ಣೆ, ರವಗೆರೆ, ಕುಡ್

GPS Map Camera

Pillahalli, Karnataka, India
 Pillahalli Rd, Pillahalli, Karnataka 570010, India
 Lat 12.25022°
 Long 76.763129°
 24/06/24 10:12 AM GMT +05:30



The anganwadi teacher praised the effort put into preparing vermicelli pudding for the children, as well as the cooking method and presentation.

2.

RAGIHALWA

- CONDUCTED ON:20/06/24
- UNDER GUIDANCE OF:MR.SUNIL KUMAR

COOKING DEMONSTRATION - ANGANWADI Rural (pillahalli)



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250441°
Long 76.762546°
20/06/24 10:45 AM GMT +05:30



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250752°
Long 76.762888°
20/06/24 10:47 AM GMT +05:30

appreciation

The anganwadi teacher commended the dedication shown in making ragi halwa for the kids, along with the cooking technique and the way it was presented.

3. *HYDERABADI MIXTURE*

- CONDUCTED ON:14/06/24
- UNDER GUIDANCE OF:MR.SUNIL KUMAR

FRUITS



కన్నడ పాఠశాల
 ಸ್ವರಗಳು
 ಅ ಆ ಇ ಈ ಉ ಊ
 ಋ ಋ ಋ ಋ ಋ
 ಌ ಌ ಌ ಌ ಌ



HYDRABADI MIXTURE MENU PLAN

Sl. No	Item	Quantity	Rate	Total	Remarks
1
2
3
4
5
6
7
8
9
10
TOTAL			



ಹೈದರಾಬಾದಿ ಮಿಕ್ಚರ್ ಪರಿಚಯ

ಕಡಲೆ, ಕಬ್ಬಿ, ಕಡಲೆ, ಕಬ್ಬಿ

ಕುಪ್ಪೆ, ಕೊನೆಣ, ಕಿತ್ತಿ, ಕಬ್ಬಿ



appreciation

The anganwadi teacher applauded the effort put into making hyderabadi mixture for the kids, as well as the cooking technique and the way it was served.

4.

DRY FRUIT LADOO

DRY FRIUT LADOO

CONDUCTED ON :19/06/24

UNDER GUIDANCE OF:MR.SUNIL KUMAR



ಕನ್ನಡ ವರ್ಣಮಾಲೆ
ಅ ಆ ಇ ಈ ಉ ಊ
ಋ ಋ ಋ ಋ ಋ ಋ
ಌ ಌ ಌ ಌ ಌ ಌ



ಶಿಕ್ಷಣ ಕೇಂದ್ರ
ಜಿ.ಎಸ್. ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್
ಜಿ.ಎಸ್. ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್
ಜಿ.ಎಸ್. ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್

DRY FRUITS LADDU MENU PLAN

Ingredients	Amount	Cost	Quantity	Total Cost
Almonds	50	8.00	10	80.00
Cashews	50	9.00	10	90.00
Coconut	50	10.00	10	100.00
Cardamom	50	11.00	10	110.00
Sugar	50	12.00	10	120.00
Flour	50	13.00	10	130.00
Oil	50	14.00	10	140.00
Water	50	15.00	10	150.00
Total				1000.00

ಡ್ರೈ ಫ್ರೂಟ್ ಲಡ್ಡು
ಪರಿಚಯ
ಮಜಲು
ಬೆಲ್ಲ
ಬಾದಾಮಿ
ಕಡಲೆಕಾಯಿ



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250767°
Long 76.762875°
19/06/24 11:34 AM GMT +05:30

GPS Map Camera



 GPS Map Camera

Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250767°
Long 76.762875°
19/06/24 11:35 AM GMT +05:30



Google

appreciation

he anganwadi teacher commended the effort invested in crafting dry fruit ladoos for the youngsters, as well as the culinary technique used and the manner of serving.

5. *DRIED COCONUT LADOO*

1. CONDUCTED ON :26/06/24

DRIED COCONUT LADOO

UNDER GUIDANCE OF:MR.SUNIL KUMAR

DRIED COCONUT LADDOO
NUTRITIONAL VALUE FOR SERVING

Sl. No.	ITEMS	Energy (Kcal)	Protein (g)	Total Fat (g)	Total Carb. (g)	Fiber (g)
1	COCONUT (20g)	100	2.1	11.3	44.3	0.4
2	JARGERY	30	1.6	0.4	0.1	80
3	GROUND NUTS	100	16	26	4.9	9
4	GAHEE	20	-	-	20	16
TOTAL		150	19.7	37.7	69.3	25.3

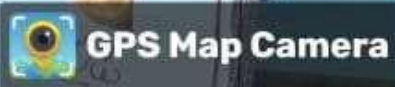
ಜನ ಕುಟುಂಬ ಯಶಸ್ವಿ ಮಾಡುವ ಪದಾರ್ಥಗಳು

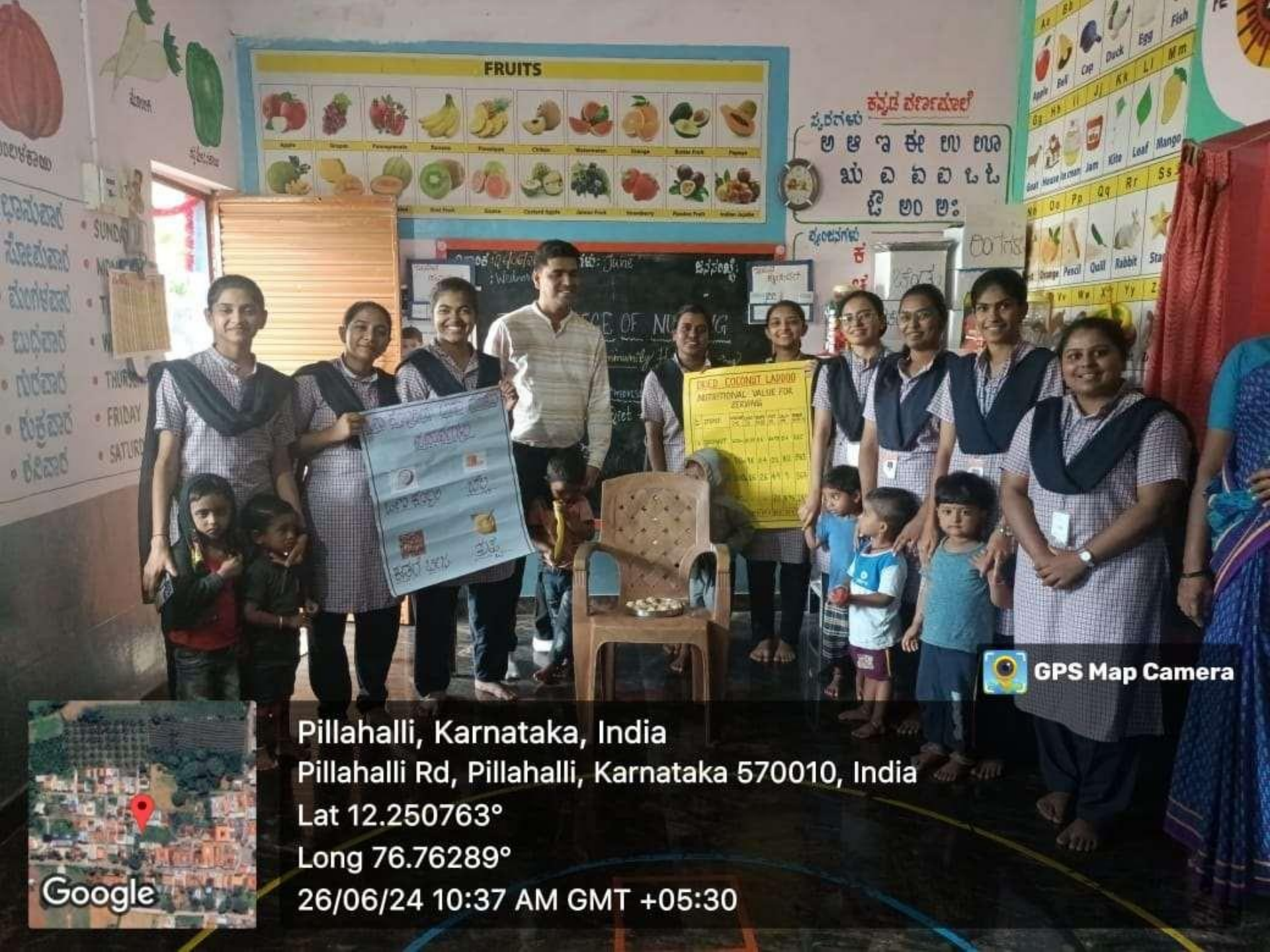
ಜನ ಕುಟುಂಬ

ಬೆಣ್ಣೆ

ಕೆಸರು ಜೇಡಿ

Pillahalli, Karnataka, India
 Pillahalli Rd, Pillahalli, Karnataka 570010, India
 Lat 12.250763°
 Long 76.76289°
 26/06/24 10:39 AM GMT +05:30





FRUITS											
Apple	Banana	Grapes	Mango	Orange	Pineapple	Watermelon	Jackfruit	Guava	Lemon	Pomegranate	Mango
Guava	Mango	Pineapple	Watermelon	Jackfruit	Guava	Lemon	Pomegranate	Mango	Pineapple	Watermelon	Jackfruit

ಪ್ರವಚನ
ಅ ಆ ಇ ಈ ಉ ಊ
ಋ ಋ ಋ ಋ ಋ
ಌ ಌ ಌ ಌ ಌ

Apple	Banana	Grapes	Mango	Orange	Pineapple	Watermelon	Jackfruit	Guava	Lemon	Pomegranate	Mango



Pillahalli, Karnataka, India
 Pillahalli Rd, Pillahalli, Karnataka 570010, India
 Lat 12.250763°
 Long 76.76289°
 26/06/24 10:37 AM GMT +05:30



appreciation

The anganwadi teacher praised the dedication shown in making dried coconut ladoos for the children, along with the cooking method employed and the way they were served.

6. *GREEN GRAM LOLLIPOP*

- CONDUCTED ON: 09/07/24
- UNDER GUIDANCE OF: MRS. SAHANA. B



ಪ್ರಕೃತಿಯ ಕನ್ನಡ ಪಠ್ಯಪುಸ್ತಕ
ಅ ಅ ಇ ಈ ಉ ಊ
ಋ ಠ ಡ ಢ ಟ
ಠ ಠ ಠಃ



GPS Map Camera

Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250779°
Long 76.762901°
09/07/24 10:35 AM GMT +05:30



Google



GPS Map Camera



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250778°
Long 76.762866°
09/07/24 10:30 AM GMT +05:30

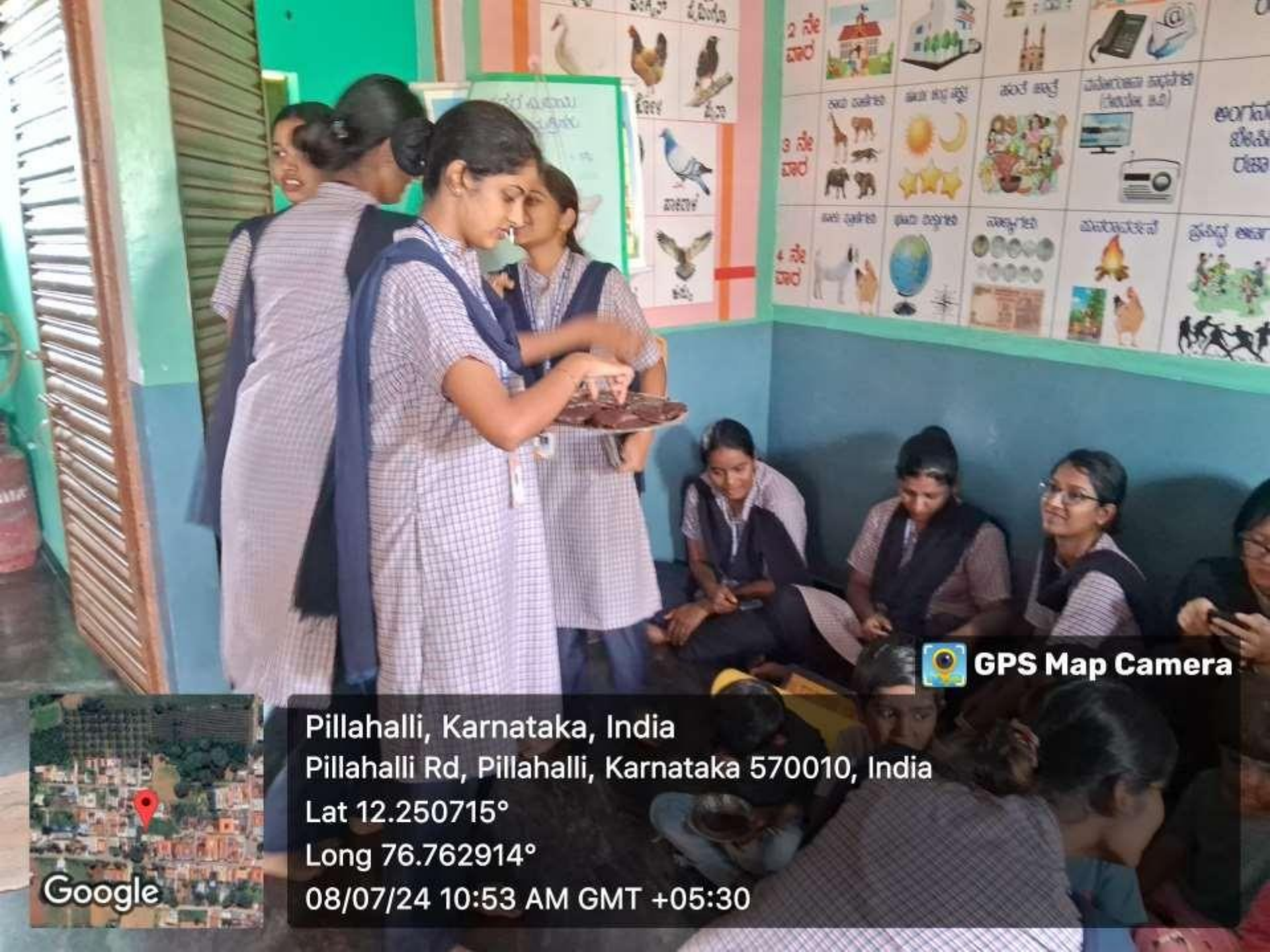
appreciation

Commending the effort put into preparing green gram lollipops for the children, the ~~anganwadi teacher highlighted both the technique~~ used in cooking and the attractive presentation.

7.

RAGI PANCAKE

- CONDUCTED ON:08/07/24
- UNDER GUIDANCE OF:MRS.SAHANA.B



 **GPS Map Camera**

Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250715°
Long 76.762914°
08/07/24 10:53 AM GMT +05:30





GPS Map Camera



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250739°
Long 76.759081°
08/07/24 10:41 AM GMT +05:30

Appreciating the hard work involved in making the ragi pancakes for the children, the anganwadi teacher acknowledged the cooking methods used and the visually appealing arrangement.

FRUIT SALAD

- CONDUCTED ON:03/07/24
- UNDER GUIDANCE OF:MR.SUNIL KUMAR,
MRS.SAHANA.B





Recognizing the effort invested in preparing the fruit salad for the little ones, the anganwadi teacher noted both the culinary skills applied and the eye-catching presentation.

9.

PEANUT CANDY

- CONDUCTED ON:02/07/24
- UNDER GUIDANCE OF:MR.SUNIL KUMAR,
MRS.SAHANA.B



FRUITS

ALPHABETS



FLOWERS

ಕನ್ನಡ ಸಾಹಿತ್ಯ
ಪ್ರಕರಣ
ಅ ಆ ಇ ಈ ಉ ಊ
ಋ ಋ ಋ ಋ ಋ
ಌ ಌ ಌ ಌ ಌ
ಔ ಔ ಔ ಔ ಔ

Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250763°
Long 76.762905°
02/07/24 10:48 AM GMT +05:30

 **GPS Map Camera**



appreciation

Acknowledging the dedication shown in making the peanut candy for the children, the anganwadi teacher appreciated both the cooking techniques used and the attractive display.

10.

RAVA LADOO

- CONDUCTED ON:12/07/24
- UNDER GUIDANCE OF:MRS.SAHANA.B



GPS Map Camera



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250793°
Long 76.762894°
12/07/24 10:35 AM GMT +05:30



ಕನ್ನಡ ವರ್ಣಮಾಲೆ
ಸ್ವರವಳು
ಅ ಆ ಇ ಈ ಉ ಊ
ಋ ಋ ಋ ಋ ಋ ಋ
ಌ ಌ ಌ ಌ ಌ ಌ



- ಭಾಷೆ
- ಸಂಖ್ಯೆ
- ಮರಗಿಳಿ



Pillahalli, Karnataka, India
 Pillahalli Rd, Pillahalli, Karnataka 570010, India
 Lat 12.25076°
 Long 76.762888°
 12/07/24 10:42 AM GMT +05:30

GPS Map Camera

appreciation

The anganwadi teacher commended the effort put into creating the rawa ladoo for the children, highlighting both the culinary techniques and the eye-catching display.

NUTRITION PROGRAMMS
CONDUCTED IN URABAN
COMMUNITY

1. POHA MIXED BANANA

- CONDUCTED ON:12/07/24
- UNDER GUIDANCE OF :MRS.DHANALAKSHMI



ಅವಲಕ್ಕಿ ಮಿಶ್ರ
ಬ್ಯಾಂಡ್ಲು ಪದಾರ್ಥಗಳು

ಅವಲಕ್ಕಿ	ಬ್ಯಾಂಡ್ಲು
ಕುದುಮೆ	ಬನ್ನಾ

POVA MIXED BANANA

	Protein	CHO	Fat	Calories
100g	1.8g	18.8g	2.4g	82kcal
30g	0.5g	5.5g	0.7g	24kcal
50g	0.8g	9.1g	1.2g	40kcal
100g	1.8g	18.8g	2.4g	82kcal

Mysuru, KA, India

3rd Main Road, Bamboo Bazar, Mysuru,
570021, KA, India

Lat 12.330000, Long 76.642718

07/12/2024 11:27 AM GMT+05:30

Note : Captured by GPS Map Camera

GPS Map Camera

appreciation

The anganwadi teacher praised the work involved in preparing the poha mixed banana for the kids, emphasizing the cooking skills and the appealing presentation.

2.

CARROT LADOO

- CONDUCTED ON:16/07/24
- UNDER GUIDANCE OF:MRS.DHANALAKSHMI



Pilbehali, Karnataka, India
Unnamed Road, Pilbehali, Karnataka 571010, India
Lat 12.248717°



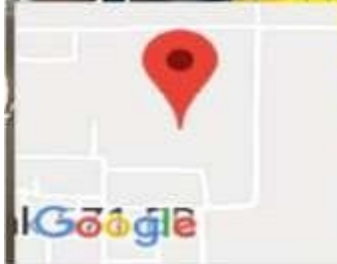
appreciation

The anganwadi teacher lauded the work that went into making the carrot ladoo for the youngsters, underscoring the adept cooking abilities and the delightful presentation.

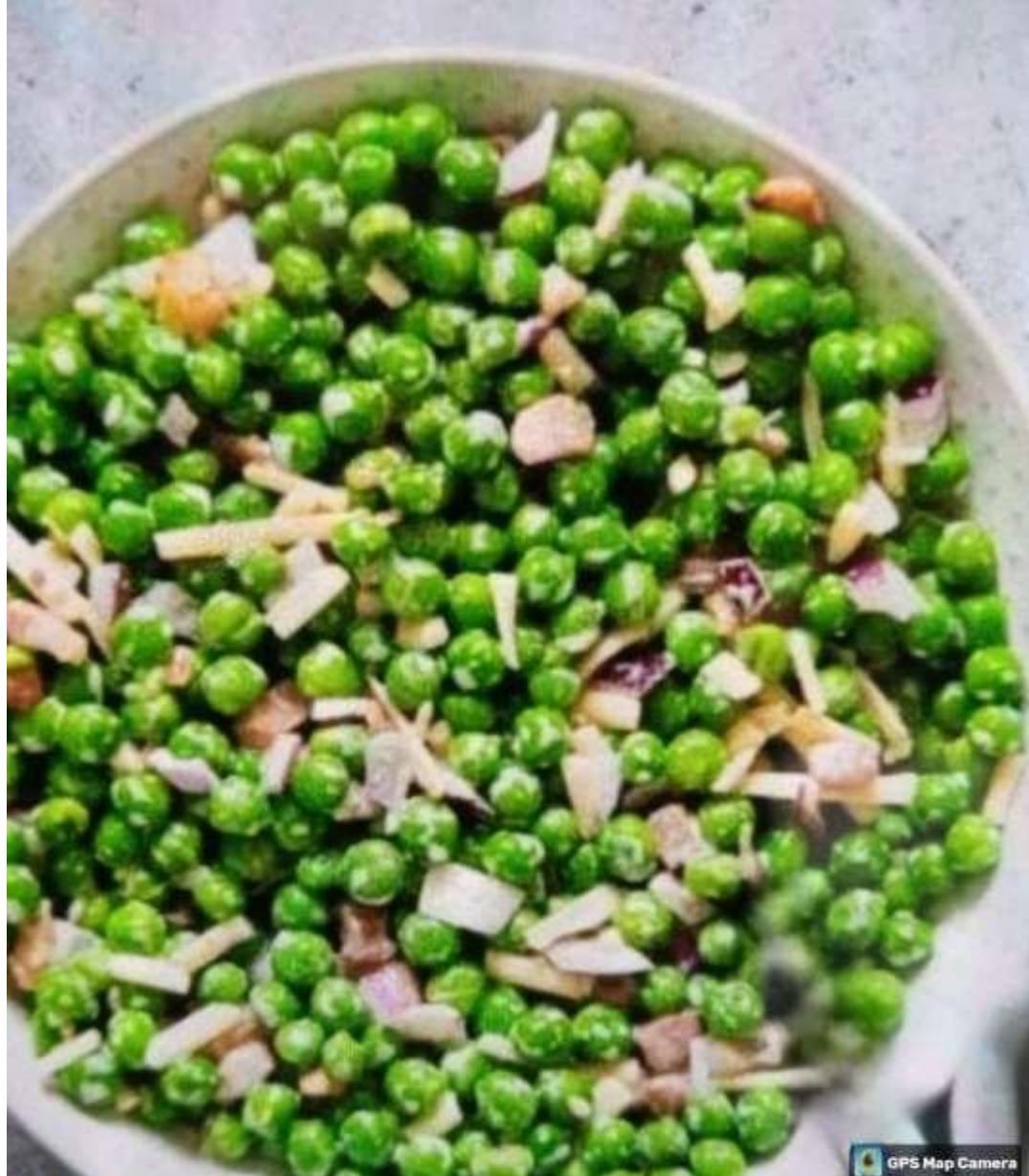
3.

SPROUTED GREEN PEA

- CONDUCTED ON:18/07/24
- UNDER GUIDANCE OF:MRS.DHANALAKSHMI



Mysore Division, Karnataka, India
 7Q26+FMR, Pillahalli, Karnataka 570010, India
 Long 76.761617°
 Lat 12.251224°
 18/7/2024 11:23 AM



GPS Map Camera



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250825°
Long 76.762808°
18/07/24 11:19 AM GMT +05:30

appreciation

The anganwadi teacher praised the effort that went into preparing the sprouted green pea for the children, highlighting the skilled cooking techniques and the attractive presentation.

4.


FRIUT SALAD

- CONDUCTED ON:19/07/24
- UNDER GUIDANCE OF:MRS.DHANALAKSHMI

NUTRITIONAL VALUE FOR SERVING
-FRUIT SALAD-

Items	Protein	Carb	Protein	Fat	Calo	Iron	Energy
Papaya	30g	26g	0g	0g	2mg	0g	110 kcal
Banana	50g	11g	1g	0.2g	2mg	0.1mg	44 kcal
Apple	30g	4g	0.05g	0.05g	2mg	0.04mg	16 kcal
Honey	1 Spoon	6g	0g	0g	0mg	0g	21 kcal
Pomegranate	30g	56g	0.78g	0.09g	1mg	0.04mg	20 kcal
Grapes	30g	5.2g	0.2g	0.05g	3mg	0.11mg	21 kcal
Total	110g	57.5g	1.5g	0.31g	28mg	0.17mg	206 kcal



 **GPS Map Camera**



Pillahalli, Karnataka, India
Pillahalli Rd, Pillahalli, Karnataka 570010, India
Lat 12.250184°
Long 76.763112°
19/07/24 10:24 AM GMT +05:30

Google

appreciation

Recognizing the effort invested in preparing the fruit salad for the little ones, the anganwadi teacher noted both the culinary skills applied and the eye-catching presentation.

5. *HYDERABADI MIXTURE*

- CONDUCTED ON:25/06/24
- UNDER GUIDANCE OF:
MRS.SAHANA.B,MRS.ASWINI.C



ಚಿತ್ರಮಯ ವರ್ಣಮಾಲೆ

ಅ	ಆ	ಇ	ಊ	ಋ	ಌ	ಎ	ಒ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ

ಅನಾಂಕ ಸಂಖ್ಯೆ: 06-2024
 ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ
 ಶುಭಾಶೀರ್ವಚನ
 ಶುಭಾಶೀರ್ವಚನ
 ಶುಭಾಶೀರ್ವಚನ

HYDERABADI MIXTURE
 MENU PLAN

Ingredients	Amount	Cost	Preparation	Time	Quantity

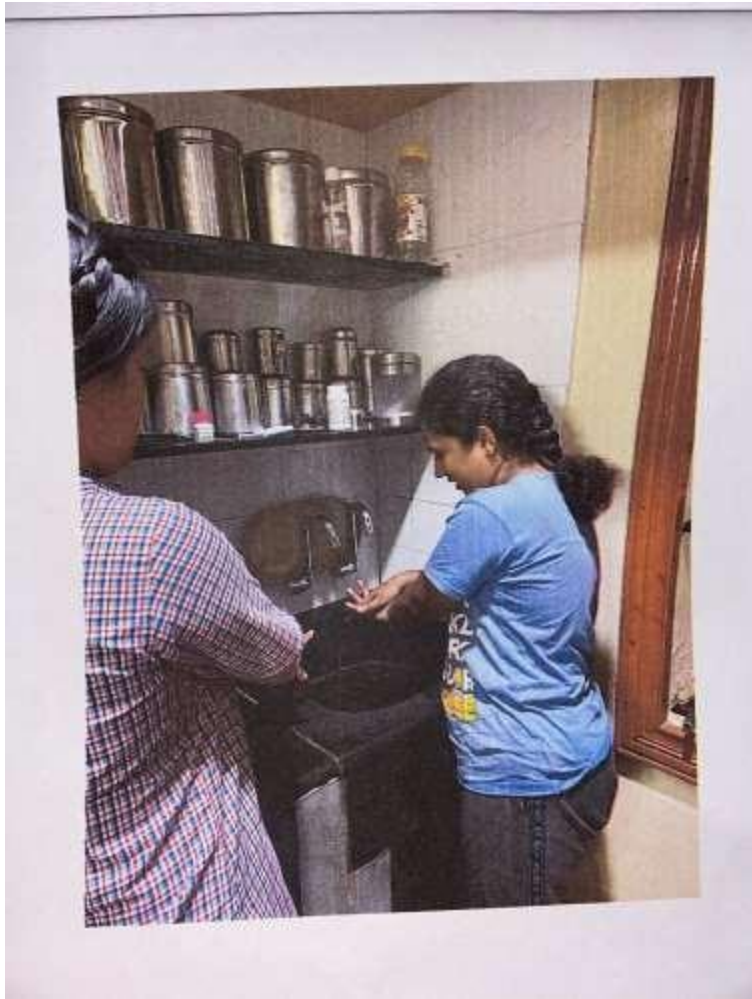
ಹೈದರಾಬಾದಿ ಮಿಶ್ರಣ ಪಾನಿ

appreciation

The anganwadi teacher applauded the effort put into making hyderabadi mixture for the kids, as well as the cooking technique and the way it was served.

Individual Health Education













Individual health education done by the
students of JSS College of nursing
On the topic :

- Prevention and management of diabetes mellitus
- Prevention and management of hypertension
- Prevention of vector bone disease
- Diet plan for diabetes patient
- Management of dengue fever
- Prevention of tuberculosis
 - Hand hygiene
- Personal hygiene

- immunisation

Appreciation

The community people appreciate our efforts in teaching various disease conditions by the different different students

RALLY ON PREVENTION AND MANAGEMENT OF DENGUE FEVER

- Conducted on:07/07/24
- Under guidance of:
Mr.Sunilkumar,Mr.Lingaraju,Dr.Prasad
- Objectives:For providing awareness regarding prevention and management of dengue fever because of high incidence of dengue fever in community due to rainy season there is a high

chance of spreading of vector borne disease



JSS MAHAVEER INSTITUTE
JSS COLLEGE OF NURSING

M.G. Road, Mysuru 570004, Karnataka, India

**DEPARTMENT OF
COMMUNITY HEALTH
NURSING**



ಶ್ರೀಮದಾಚಾರ್ಯರ ಹೆಸರಿನಲ್ಲಿ
 ಕೆಎಸ್‌ಎಸ್ ಮಹಾವಿದ್ಯಾಲಯ
ಜೆಎಸ್‌ಎಸ್ ನರ್ಸಿಂಗ್ ಕಾಲೇಜು
 ದಾಖಲೆಯ ಸೇವಾ ಯೋಜನೆ (ಎನ್‌ಎಸ್‌ಎಸ್) ಘಟಕ
 ದಾಖಲೆಯ ಸೇವಾ ಯೋಜನೆ (ಎನ್‌ಎಸ್‌ಎಸ್) ಘಟಕ





appreciation

Dr. Prasad expressed his gratitude for the rally held in Pillahalli village focused on dengue fever prevention and management. He also acknowledged the commitment of the students and highlighted the awareness efforts directed towards the villagers.

1. Conducted on: 11/07/24

Under Guidance of: Mr. Lingaraju, Mrs. Dhanalakshmi. S,

2. Guest:

3. Venue and participants: 8th, 9th and 10th standard students of Government High school medar block bamboo bazaar, Mysore

4. Objectives: For providing awareness regarding the world population to control the population by promoting family planning and to improve maternal and child health.

It is effective to the population and the society to control the population and to apply the knowledge in their daily life



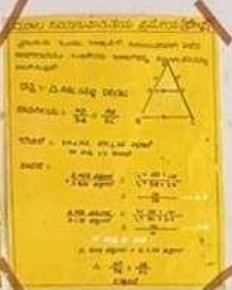
University of Higher Education & Research
Accredited 'A+' Grade by NAAC
JSS MEDICAL COLLEGE
DEPARTMENT OF COMMUNITY MEDICINE
ಜನಸಂಖ್ಯಾ ದಿನ
POPULATION DAY



ಸಹೋದರ ಪ್ರಾಧಿಕಾರ, ಮೊದಲ ಬಾರಿಗೆ
JSS ನಡೆದ ಜನಸಂಖ್ಯಾ ಕುರಿತು ಸಭೆಯೊಂದಿಗೆ
ವಿಶ್ವ ಜನಸಂಖ್ಯಾ ದಿನಾಚರಣೆ
ಕಾರ್ಯಕ್ರಮ

JSS
D
COM





Education & Research
 'A+' Grade by NAAC
 COLLEGE
 COMMUNITY MEDICINE
 ವಾ. ದಿನ
 DAY

ಸರ್ಕಾರಿ ಪ್ರೌಢಶಾಲೆ, ಮೊದರ ಬ್ಲಾಕ್
 JSS ನಾನು ಇಡೀಗ್ಗೆ ಕೆಲವು ಯೋಗದ
 ವಿಶ್ವ ಜನಸಂಖ್ಯೆ ದಿನಾಚರಣೆ
 ಕಾರ್ಯಕ್ರಮ

JSS MA
 JSS COLLEGE
 M.G. Road, Mys
 EP
 M





ಸರ್ಕಾರಿ ಪ್ರಾಥಮಿಕ ಮೇದರ ಬ್ಲಾಕ್
 JSS ನಗರ ಇಡ್ಲಿಗ್ಗೆ ಕೇಂದ್ರದ ಸಹಯೋಗದಲ್ಲಿ
 ವಿಶ್ವ ಜನಸಂಖ್ಯಾ ದಿನಾಚರಣೆ
 ಕಾರ್ಯಕ್ರಮ

JSS MAHAVIDYAPEETHA
JSS COLLEGE OF NURSING
 M.G. Road, Mysuru-570004, Karnataka, India
DEPARTMENT OF COMMUNITY NURSING



Academy of Higher Education & Research
(deemed to be University), Accredited 'A+' Grade by NAAC
JSS MEDICAL COLLEGE
DEPARTMENT OF COMMUNITY MEDICINE
ಜನನಂಜ್ಞಾ ದಿನ
OPEN DAY



ಸಹೋದರ ಪ್ರೊಫೆಸರ್, ಮೊದಲ ಬ್ಲಾಕ್
JSS ನಡೆಸಿರುವ ಇಂಟಿಗ್ರೇಟೆಡ್ ಸಮಯಗಟ್ಟು
ಶುಭ ಜನನಂಜ್ಞಾ ದಿನದ ಸಂದರ್ಭ
ಸಮಯಗಟ್ಟು

JSS



JSS Academy of Higher Education & Research
JSS MEDICAL COLLEGE
DEPARTMENT OF COMMUNITY MEDICINE
ಜನಸಂಖ್ಯೆ ದಿನ
WORLD POPULATION DAY

ಜನಸಂಖ್ಯೆ ಮತ್ತು ಆರೋಗ್ಯದ ಸಂಬಂಧ
ಜನಸಂಖ್ಯೆ ಮತ್ತು ಆರೋಗ್ಯದ ಸಂಬಂಧ
ಜನಸಂಖ್ಯೆ ಮತ್ತು ಆರೋಗ್ಯದ ಸಂಬಂಧ

JSS MAHARAJAPETNA
JSS COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING

GPS Map Camera



Mysuru, Karnataka, India
2203/192, Madar Block Rd, Bamboo Bazar, Tilak Nagar, Mysuru,
Karnataka 570001, India
Lat 12.328313°
Long 76.643046°
11/07/24 11:21 AM GMT +05:30

Google

ಸನ್ಮಾನ್ಯ ಶ್ರೀಕೃಷ್ಣಾಸುಂದರರು
ಜಾನಕರು ಬಾಹ್ಯಾಧಿಕಾರಿಗಳ ಸಹಾಯದಿಂದ ಸರ್ಕಾರಿ ಶಾಲೆಗಳಲ್ಲಿ
ಮೇವಿನ ಲ್ಯಾಕ್‌ನಲ್ಲಿ ಮಾದರಿಮಾಡಿ ನಿರ್ಮಾಣಗೊಂಡಿರುವ
ಭೋಜನಾಲಯ ಕಟ್ಟಡ

ಜನಾರ್ದನ ನಗರ ಮಹಾಲಯ ದ್ವಾರದ
ಚೈಲ್ಡ್ರನ್-1098ಮನಾರು
• ಸಾಧ್ಯವಾದಂತೆ • ಸುಸ್ಥಾನದ ಕಾರ್ಯ
• ಮಕ್ಕಳ ಬಾಹ್ಯಾಧಿಕಾರಿಗಳ ಸಹಾಯದಿಂದ
• ಮೇವಿನ ಲ್ಯಾಕ್‌ನಲ್ಲಿ ಮಾದರಿಮಾಡಿ ನಿರ್ಮಾಣಗೊಂಡಿರುವ
• ಭೋಜನಾಲಯ ಕಟ್ಟಡ
• ಜನಾರ್ದನ ನಗರ ಮಹಾಲಯ ದ್ವಾರದ
• ಸುಸ್ಥಾನದ ಕಾರ್ಯ
• ಮಕ್ಕಳ ಬಾಹ್ಯಾಧಿಕಾರಿಗಳ ಸಹಾಯದಿಂದ
• ಮೇವಿನ ಲ್ಯಾಕ್‌ನಲ್ಲಿ ಮಾದರಿಮಾಡಿ ನಿರ್ಮಾಣಗೊಂಡಿರುವ



During the event at Government High School Bamboo Bazaar in honor of World Population Day, Dr. Rema commended the role-play activities. She also highlighted the impressive presentation and acting skills displayed by the students, who had a great time at the program.

CONCLUSION

- During the community posting which was held from(07/06/24)to(13/07/24)Urban posting which was at bamboo bazar and rural posting at pillahalli 4th yr batch has done nutritional programmes, school health programmes, rally and roleplay.



