



JSS Ayurveda Medical College & Hospital, Mysuru

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# JSS AYUR BULLETIN

Monthly Newsletter

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## Yoga Therapy for Back Pain

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

Therapy is a key medical approach aimed at treating specific ailments by applying techniques suited to each disease. In Ayurveda and holistic healing, we understand that certain therapies address not just the physical body but also the mind, where many disorders, especially psychosomatic ones, find their root.

### The Core of Yoga: A Pathway to Mind-Body Harmony

Yoga, derived from the Sanskrit phrase "Samathavam Yogam Uttachathe," seeks balance and harmony at the level of the mind. Unlike purely physical therapies, yoga operates on

both the mental and physiological planes, making it highly effective for treating psychosomatic disorders that often originate from mental stress or imbalance.

One of the most practical applications of yoga is its ability to alleviate low back pain—a common complaint globally, often resulting from poor posture, sedentary lifestyles, and nutritional deficiencies. Back pain not only affects our physical well-being but also hinders our daily activities and quality of life. Here, yoga serves as a holistic remedy, working by strengthening and stretching the muscles supporting the back and spine.

### Certain Yogasanas are especially effective for lower back strength and pain relief:

**1. Standing Poses** – Build stability and strength in the spine and back muscles:

- *Tadasana* (Mountain Pose)
- *Ardhakatichakrasana* (Half Waist Wheel Pose)
- *Katichakrasana* (Waist Rotating Pose)
- *Ardhachakrasana* (Half Wheel Pose)

- *Trikonasana* (Triangle Pose)
  - *Veerabhadrasana* (Warrior Pose)
- 2. Supine Poses** – Gently stretch and mobilize the lower back:

- *Hastangustasana* (Hand to Big Toe Pose)
- *Sethubandhasana* (Bridge Pose)
- *Pavanamuktasana* (Wind-Relieving Pose)
- *Lumbar Stretch*
- *Yastikasana* (Stick Pose)

**3. Prone Poses** –

Strengthen the back and core muscles:

- *Shalabhasana* (Locust Pose)
- *Bhujangasana* (Cobra Pose)
- *Sarpasana* (Snake Pose)
- *Tiryak Bhujangasana* (Twisting Cobra Pose)

**4. Sitting Poses** – Improve flexibility and relieve lower back tension:

- *Marjalarasana* (Cat Pose)
- *Ardha Ushtrasana* (Half Camel Pose)
- *Vakrasana* (Twisted Pose)
- *Ushtrasana* (Camel Pose)
- *Ardhamatsyendrasana* (Half Lord of the Fishes Pose)
- *Gomukhasana* (Cow Face Pose)

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**Practice Duration:** A consistent practice of 30–45 minutes daily can yield significant benefits for back pain relief and strength enhancement.

**Practice Duration:** 30-45 minutes daily.

**Bottom Line: The Holistic Power of Yoga**

Yoga is a holistic path to relieving pain, enhancing strength, and achieving mind-body balance. It supports emotional well-being and physical health, encouraging a lifestyle free from tension and stress. Dedication to your practice, paired with a healthy lifestyle, keeps you active, fit, and balanced.



**“SUCCESSFUL MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME(PCOS) IN AYURVEDA- CASE -STUDY”**

**Dr Lakshmi Avaradi**, Assistant Professor, Department of PG Studies in Prasooti Tantra & Stree Roga, JSSMCH, Mysuru. Ph No. 9591810699

Polycystic Ovarian Syndrome (PCOS) is a complex systemic endocrine and metabolic disorder primarily characterized by small, cystic growths in one or both ovaries. This condition results in androgen excess produced by the ovaries or adrenal glands, which interferes with the development of Graafian follicles, leading to amenorrhea, hypomenorrhea, chronic anovulation, menstrual disorders, hirsutism, obesity, and infertility. The hormonal imbalance associated with PCOS causes the ovaries to enlarge and develop multiple fluid-filled sacs along their outer edges due to elevated androgen levels. While the exact cause of PCOS remains unclear, it is likely influenced by a combination of genetic and environmental factors,

including sedentary lifestyle, dietary habits, and lack of exercise.

In Ayurveda, PCOS is understood as a disorder involving the imbalance of the three Doshas (Vata, Pitta, and Kapha), along with disruptions in Dhatus such as Rasa (nutritional fluids), Raktha (blood), and Medas (fat tissue). The primary Srotas, or channels, impacted by PCOS include Rasa, Rakta, and Arthava vaha, and the condition often manifests through symptoms such as Anarthava (amenorrhea), Vandhyathwa (infertility), Pushpagni (disturbance in menstrual flow), and Abeeja Rtuchakra (anovulatory cycles). Ayurvedic treatment focuses on balancing these Doshas and restoring Srotas function through Panchakarma

therapies, diet, and lifestyle modifications. Aiming for a comprehensive approach that not only manages symptoms but also improves the patient's overall well-being.

**Clinical Features**

Patients with PCOS often experience a range of symptoms that can significantly impact their quality of life. Common complaints include abdominal obesity, menstrual irregularities such as oligomenorrhea (infrequent menstruation), amenorrhea (absence of menstruation), and dysfunctional uterine bleeding (DUB), which can contribute to infertility issues. Hirsutism (excessive hair growth) and acne are also frequent manifestations

due to elevated androgen levels, while virilism (the development of male physical characteristics) is rare.

A notable feature in some PCOS cases is *acanthosis nigricans*, which is a skin condition associated with insulin resistance. This condition causes the skin to thicken and develop a grey-brown pigmentation, most commonly affecting areas like the nape of the neck, inner thighs, groin, and axilla. Additionally, HAIR-AN syndrome, observed in some PCOS patients, is characterized by a triad of hyperandrogenism (elevated male hormones), insulin resistance, and *acanthosis nigricans*.

### Case Report

A 27-year-old unmarried woman presented to the Prasuti Tantra and Stree Roga Outpatient Department (OPD) with complaints of irregular menstruation with scanty flow over the past six months, accompanied by vomiting and diarrhea during her periods.

### Medical History

- **Menstrual History:** Menarche at 13 years, with an irregular menstrual cycle of 2-3 days every 2-3 months and scanty flow.
- **General Examination:** Moderately built, height - 155 cm, weight - 57 kg, pulse rate - 82/min, BP - 110/70 mmHg, febrile at 99°F, no pallor, and a soft abdomen with no abnormal findings.
- **Investigations:** Ultrasound scan (USG) showed bilateral polycystic ovarian disease (PCOD).

### Treatment

#### 1. Shodana Chikitsa (Purification Therapy)

- *Vamana* (Therapeutic Emesis):
- Preparatory Deepana and Pachana (digestive stimulants and metabolism enhancers):
- Tablet *Agnitundi Vati* 1-0-1 before food for 4 days
- Tablet *Chithrakadi Vati* 1-0-1 before food for 4 days
- *Snehapana* with *Varunadi Ghrita* for 5 days
- *Sarvanga Abhyanga* (full-body massage) and *Bhashpa Sweda* (herbal steam) with *Yashtimadhu Taila* for 2 days
- *Vamana* with *Madana Phala* achieved *Madhyama Shuddhi* (moderate cleansing)
- *Samsarjana Krama* (post-therapy diet) was advised for 5 days.

#### 2. Oral Medications

- *Kanchanara Guggulu* 1-0-1 for 3 months
- *Varunadi Kashaya* (decoction) 15 ml, thrice daily for 3 months
- *Triphala Churna* 2 tsp at bedtime for 15 days



### Advice

The patient was advised to incorporate regular exercise and yoga, avoid processed and high-calorie foods, and maintain a balanced diet.

### Follow-Up and Outcome

After three months, the patient reported regular menstrual cycles and experienced a weight reduction of 3 kg, reflecting improvement in symptoms and overall health.

### Conclusion

This case study demonstrates that Ayurveda can effectively manage PCOS. Ayurvedic therapies, combined with lifestyle modifications and a healthy diet, not only alleviate symptoms but also promote weight management, contributing to the effective treatment of PCOS symptoms.

## EVENTS ORGANIZED

In honor of the 109th Jayanthi Celebration of Parama Poojya Jagadguru Dr. Shivarathri Rajendra Mahaswamigalu, a Free Medical Camp was organized on 16/09/2024 at JSS Layout 2nd Stage, Lalithadripura, Mysuru. The camp included free medicine distribution from JSS Ayurveda Hospital, benefiting a total of 103 individuals.



In commemoration of the 109th Jayanthi Celebration of Jagadguru Rajagurutilaka Dr. Sri Rajendra Mahaswamiji, the Sanskrit Club, in association with the Department of Samhita & Siddhanta, celebrated Sanskrit Saptah at JSS Ayurveda Medical College, Mysuru. The festivities began on 18th September 2024, with an inaugural function featuring Prof. Sri. Sreekar Hegde from SSCAR Bangalore as the Chief Guest, who spoke on "Sanskrit and Vijnana."

Throughout the week, various guest lectures were held, including a session by Raghavendra, Assistant Lecturer at Government Ayurveda College, on sentence framing and Karaka vibhakti on 21st September. On 24th September, Dr. K. Leela Prakasha, Founder Director of the Dr. K. Krishnamoorthy Research Foundation, discussed the significance of Sanskrit knowledge in Ayurveda.

The Department organized a poster competition for I BAMS students under the theme "Sanskrit: As the Source of Knowledge Fields," with innovative posters based on ancient Sanskrit texts. Dr. K. Leela and Dr. Santosh served as judges for the competition.

The valedictory program on 25th September 2024 featured Dr. Ahlaya Sharma, Vice Chancellor of Karnataka Sanskrit University, as the Chief Guest, who shared insights on the importance of Sanskrit and Vijnana. Dr. Sabeswar Kar, Principal of JSSAMC, emphasized the relevance of Sanskrit in Ayurveda during his presidential address.

Ms. Vidyadhare Hiremath delivered the Vote of Thanks, while Dr. Pankaj Pathak, HOD of Samhita and Siddhanta, welcomed guests. Ms. Akshata and her team performed Shlokapathana to invoke the ceremony, and prize winners were announced by Dr. Kavya. The celebrations fostered enthusiasm and deepened students' understanding of

Sanskrit's vital role in both ancient and modern sciences.

The Department of Samhita & Siddhanta and the Sanskrit Club organized a guest lecture by Vidwan Raghvendra on the topic "Importance of Sanskrit in Understanding Ayurveda Samhita" on 21st September 2024 from 2:00 PM to 3:00 PM at the yoga hall.



The Department of PG Studies in Swasthavritta conducted a diabetic and hypertension check-up camp at JSS Hospital, Chamarajanagara, on 25th September 2024. Led by Dr. Sowmya M.N., Dr. Vidyashree M., Dr. Krishnanunni M.S., and Dr. Janhvi M.G., PG Scholars, the camp assessed the Prakriti of 25 patients, providing advice

on diet and lifestyle management.

In the afternoon, Dr. Sowmya M.N. delivered a guest lecture on stress management through yoga at JSS Women's College, Chamarajanagara, where she also conducted a Pranayama practice session, benefiting a total of 500 students.



## Department of PG & Ph.D Rasashastra & Bhaishajya Kalpana and Department of PG Studies in Dravyaguna & JSS College of Pharmacy, Mysuru

In commemoration of the 109th Jayanthi Celebration of His Holiness Jagadguru Rajagurutilaka Dr. Sri Shivaratri Rajendra Mahaswamiji, AYURPHARMACON-2024, a national conference on herbo-mineral drugs and pharmaceutical research, was jointly organized on September 21, 2024, at Sri Rajendra Auditorium, JSS College of Pharmacy, Mysuru. The conference began with an inaugural function featuring Chief Guest Dr. B. Suresh, Honourable Pro-Chancellor, JSSAHER, Mysuru, and Guest of Honour Sri R. Mahesh, Director, Medical Education Division.

### Keynote Address

The scientific session commenced with a keynote address by Dr. B. Ravishankar, Former Director of the SDM Centre for Research in Udupi and Head of the Pharmacology Laboratory at IPGT & R, GUA, Jamnagar.

### Scientific Sessions

Eminent scholars from various parts of the country delivered insightful talks at the conference:

1. **Dr. Ashok B. K** - Senior Manager, Ayush & Scientific Affairs, Himalaya Wellness Company, Bengaluru

**Topic:** "Field to Prescription:

Importance of Evidence-Based Research in Delivering the Best of Nature."

2. **Dr. Lakshmi Mundakar** - Vice President, Bio-Research (R&D), Sami-Sabinsa Group, Bengaluru

**Topic:** "Nutraceuticals for Liver Health."

3. **Dr. Pooja J. Rao** - Department of Spice & Flavor Science, CSIR-CFTRI, Mysuru

**Topic:** "Ayurveda & Nano-Sized Particles: A Glimpse of Modern Science in Ancient Knowledge."

4. **R. Murugeswaran** - Deputy Adviser (Medicinal Plants), National Medicinal Plants Board (NMPB), Ministry of AYUSH, Government of India, New Delhi.

### Scientific Paper and E Poster Presentation

During the National Conference, PG scholars presented 112 oral papers, while both PG and UG students showcased 48 e-posters. Awards were given for the best presentations, including 8 for oral papers and 2 for e-posters. A total of 460 delegates attended the conference, representing 26 Ayurveda colleges and 12 pharmacy colleges. The event concluded with a valedictory

ceremony, featuring Dr. B. Gurubasavaraja, Senior Physician and retired Professor, JSSAMC, as the chief guest, with Dr. Sarbeshwar Kar, Principal, JSSAMC, presiding over the function.



Undergraduate students Priyanka M., Sakshi P. Gowda, Geethika Phani Mungara, and Kiran Kumar H. secured the 2nd prize in the quiz competition JYOTISHMATI-5, organized by Dhootapapeshwar Company.



Dr. Seemantini Jwalaprasad, Professor in the Department of Prasuti Tantra and Stree Roga, received the AYUSH TV National Health Award for her excellence in AYUSH Obstetrics and Gynecology.



JSS Ayurveda Medical College, Mysuru, in collaboration with the Department of PG Studies in Roganidana, Kriyashareera, NSS unit, and Red Cross unit, organized a blood donation camp to commemorate the 109th Jayanti celebration. The event saw participation from over 100 volunteers, resulting in the collection of 49 units of blood.



## National Nutrition Week 2024 was celebrated with an array of programs jointly organized by the Department of PG Studies in Swasthavritha, the Department of PG Studies in Kaumarabhritya, and the NSS Unit from September 2 to September 9, 2024.

The week-long initiative aimed to raise awareness about nutrition's role in maintaining health and preventing diseases.

1. National Nutrition Week 2024 commenced with a formal inauguration on 02/09/2024 at Govt. Higher Primary School, Lalithadripura, Mysuru.
2. From 02/09/2024 to 03/09/2024, a Nutrition and Health Checkup Camp at the same school assessed the nutritional status of students, providing medical guidance where needed. PG scholars and interns participated, benefiting a total of 200 children.
3. On 04/09/2024, an Awareness Rally on nutrition started at Government School, Lalithadripura, moving through the village with participants carrying banners and chanting slogans about nutrition, sources, and deficiency disorders.
4. A second Nutrition and Health Checkup Camp was conducted on 04/09/2024 at Government School, Hanchya, Mysuru, assisting 180 children.
5. The same day, Dr. Prithvi P. delivered a guest lecture on "Nutritious Diet for Everyone" at JSS Ayurveda Medical College for II BAMS students, PG scholars, and staff.
6. A reels and short video-making competition for UG and PG students from Ayurveda colleges received 12 entries in the PG category and 6 in UG. Top three entries in each category were awarded.
7. The week concluded with a valedictory program on 09/09/2024 at Govt. Higher Primary School, Lalithadripura, Mysuru.

The program featured Mr. Nagendra, President of the School Development and Monitoring Committee (SDMC),

Mysuru, as the chief guest Mrs. Kamalakshi K., Head Mistress of the school, presided over the function.

In attendance were Dr. P. Sudhakar Reddy, Dr. Srihari S., Dr. Sowmya M. N., Dr. Shalini S., Dr. Shashibindu, Dr. Visal S. Kumar, and Dr. Preethi H. M., along with PG scholars and interns.

Nutritious laddus, prepared at the Rasashastra and Bhaishajya laboratory by the Department of PG Studies in Swasthavritta and Kaumarabhritya, used green gram as the main ingredient. These laddus were distributed to all school students in neatly sealed packets.

During the valedictory program, Dr. P. Sudhakar Reddy highlighted the importance of nutrition, explaining the preparation method and the benefits of the nutritious laddus.

**Inaugural Program on 04/09/2024**



**Health camp at Govt. Higher Primary School, Lalithadripura on 02/09/2024 (Day 1)**



**Health camp at Govt. Higher Primary School, Lalithadripura on 03/09/2024 (Day 2)**



Mysuru, Karnataka, India  
7MCX+PQ, Mysuru, Lalithadripura, Karnataka 570028, India  
Lat. 12.272338°  
Long 76.699241°  
03/09/24 11:31 AM GMT +05:30

**Health camp at Govt.School, Hanchya on 04/09/2024**



Hanchya, Karnataka, India  
Govt High school, Hanchya, Karnataka 570019, India  
Lat 12.332153°  
Long 76.716884°  
04/09/24 12:18 PM GMT +05:30



Hanchya, Karnataka, India  
Govt High school, Hanchya, Karnataka 570019, India  
Lat 12.332198°

**Nutrition Awareness Rally at Lalithadripura on 04/09/2024**



Mysuru, Karnataka, India  
7M0X+QW, Mysuru, Lalithadripura, Karnataka 570028, India  
Lat 12.276344°  
Long 76.699985°  
04/09/24 10:15 AM GMT +05:30

**Guest lecture by Dr.Prithvi. N on 04/09/2024**

JSS MAHAVIDYAPEETHA  
JSS AYURVEDA MEDICAL COLLEGE, MYSURU  
Department of PG Studies in Swasthavritta & Koumarabhritya

On the occasion of  
**National Nutrition Week 2024**  
Organizes Guest Lecture on  
**"Nutritious Diet for Everyone"**  
On 04-09-2024 @ 3.30pm - 4.30pm  
Venue- Yoga hall

**Organizing Team**  
Staffs of the Department of PG studies in Swasthavritta & Koumarabhritya and ISS Unit

**GUEST SPEAKER**  
Dr. Prithvi.P  
Chief Dietician  
Dept of Nutrition & Dietetics  
JSS Hospital, Mysuru

Dr. Subhakar Kar  
Principal  
Co-Chairman

Dr. Rajesh A.L. Raju  
Dean



Mysuru, Karnataka, India  
Unnanded Road, Mysuru, Karnataka 570050, India  
Lat 12.290458°  
Long 76.694895°  
04/09/24 03:59 PM GMT +05:30



Mysuru, Karnataka, India  
7M0X+QW, Mysuru, Lalithadripura, Karnataka 570028, India  
Lat 12.276312°



Mysuru, Karnataka, India  
Unnanded Road, Mysuru, Karnataka 570010, India  
Lat 12.290438°  
Long 76.694699°  
04/09/24 03:59 PM GMT +05:30

**Reels & Short video making competition**



Mysuru, Karnataka, India  
7M0X+QW, Mysuru, Lalithadripura, Karnataka 570028, India  
Lat 12.276517°



Mysuru, Karnataka, India  
Unnanded Road, Mysuru, Karnataka 570010, India  
Lat 12.290344°



Mysuru, Karnataka, India  
7M0X+QW, Mysuru, Lalithadripura, Karnataka 570028, India



Mysuru, Karnataka, India  
Unnanded Road, Mysuru, Karnataka 570050, India  
Lat 12.290331°  
Long 76.694654°

JSS MAHAVIDYAPEETHA  
JSS AYURVEDA MEDICAL COLLEGE & HOSPITAL

**NATIONAL NUTRITIONAL WEEK CELEBRATION 2024**  
"Reels & Shorts Making Competition"

**THEME**  
**"AYURVEDA NUTRITIOUS DIET FOR EVERYONE"**

**Organised by**  
Department of PG Studies in Swasthavritta & Koumarabhritya

[www.jssayurvedacollege.org](http://www.jssayurvedacollege.org)  
@jssams@gmail.com

To Register Scan Here

"Reels & Shorts Making Competition"



Valedictory Program at Govt. Higher Primary School, Lalithadripura and Nutritious Laddu Distribution Program on 09/09/2024



Dr. Sowmya M. N., Reader in the Department of PG Swasthavritta, participated in a health camp at JSS Hospital and delivered a guest lecture at JSS College of Women, Chamurajanagara. Her efforts focused on promoting health awareness and nutrition among the attendees.



Dr. Shivani P., a first-year PG scholar in the Department of PG Studies in Swasthavritta, participated in a poster presentation at the National Conference – SANKALPAM, Practical Approaches Workshop, held in Raipur on September 14-15, 2024. She achieved 2nd prize for her outstanding presentation.



Dr. Namratha M., a final-year PG scholar in the Department of PG Studies in Kayachikitsa, secured the Best Paper Award at the Kayachikitsa Ratna Late Vd. G. Shrinivasa Acharya Memorial National Level Seminar on Ayurveda Trichology and Cosmetology PUNARVASU-2024. The seminar was organized by Aaptas Ayurveda Trust® in association with the World Ayurveda Foundation in Davanagere, Karnataka, on September 1, 2024.

JSS Ayurveda Medical College & Hospital, Mysuru, meaningfully celebrated Teachers' Day on September 5, 2024. Sri R. Mahesh, Director of the Medical Education Division at JSS Mahavidyapeetha, served as the chief guest for the function.

Dr. Shreevathsa, Professor & Head of the Department of PG Studies in Samhita & Siddhanta at Government Ayurveda Medical College, Mysuru, was honored as the "Best Teacher." In his address, he highlighted the exemplary education system at JSS Ayurveda Medical College and emphasized the importance of upgrading educational methodologies. His citation was presented by Dr. Rajendra Prasad, Reader in the Department of PG & Ph.D. Studies in Rasashastra and Bhaishajya Kalapana.

Additionally, Dr. Jagadeesh G. Mitti, Professor & HOD of the Department of PG Studies in Rasashastra and Bhaishajya Kalapana, received recognition as a "Best Teacher" of the institution. His citation was read by Dr. Aiyanna, Reader in the Department of PG & Ph.D. Studies in Shalya Tantra.



Students from JSS Ayurveda Medical College participated in the longest human chain event organized by the Government of Karnataka to celebrate International Democracy Day on September 15, 2024. The event was led by Dr. P. Sudhakar Reddy, Professor & Head of the Department of PG Studies in Swasthavritta.

ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು ರಾಜಗುರುತಿಲಕ

ಡಾ. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳವರ 109ನೇ ಜಯಂತಿ ಮಹೋತ್ಸವದ ವರದಿ

ಪರಮಪೂಜ್ಯ ಜಗದ್ಗುರು ರಾಜಗುರುತಿಲಕ ಡಾ. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳವರ 109ನೇ ಜಯಂತಿ ಮಹೋತ್ಸವದ ಕಾರ್ಯಕ್ರಮವನ್ನು ದಿನಾಂಕ: 25-09-2024 ರಂದು ಜೆಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆಯ ಆವರಣದಲ್ಲಿ ಅರ್ಥಪೂರ್ಣವಾಗಿ ಆಚರಿಸಲಾಯಿತು.

ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಭಾಗವಹಿಸಿದ್ದ ಶ್ರೀ ರಮೇಶ್ ಕುಮಾರ್ ಬಿ.ಕೆ., ಸಹಾಯಕ ಪೋಲೀಸ್ ಆಯುಕ್ತರು, ಕೃಷ್ಣರಾಜ ವಿಭಾಗ, ಮೈಸೂರು, ಇವರು ಮಾತನಾಡಿ ಶಿಕ್ಷಣದಿಂದ ಮಾತ್ರ ಸಮಾಜದ ಏಳೆ ಸಾಧ್ಯ ಎಂದು ನಂಬಿದ್ದ ಪೂಜ್ಯರು, ದೀನ ದಲಿತರು, ಬಡವರ ಹಾಗೂ ಅರ್ಥಿಗಳಿಗೆ ಹಿಂದುಳಿದ ಎಲ್ಲ ವರ್ಗದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಊಟ, ವಸತಿ ಹಾಗೂ ವಿದ್ಯಾಭ್ಯಾಸ ಕೊಟ್ಟು ಸಮಾಜದ ಸರ್ವತೋಮುಖ ಅಭಿವೃದ್ಧಿಗೆ ಕಾರಣೀಭೂತರಾದರೆಂದು ಹೇಳಿದರು.

ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಇನ್‌ಫೋರ್ವ ಅತಿಥಿಗಳಾಗಿ ನುಡಿನಮನ ಸಲ್ಲಿಸಿದ ಶ್ರೀ ತ್ರಿಪುರಾಂತರವರು, ಸುತ್ತೂರು ಜೆಎಸ್‌ಎಸ್ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳ ಸಂಯೋಜನಾಧಿಕಾರಿ ಇವರು ಮಾತನಾಡುತ್ತಾ, ಸುತ್ತೂರು ಶ್ರೀಮತ ಬೆಳೆದು ಬಂದ ಬಗ್ಗೆ, ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳ ಅವಿಸ್ಮರಣೀಯ ಕೊಡುಗೆಯನ್ನು ನೆನೆಸಿಕೊಂಡರು. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳ ಆದರ್ಶ,

ಮೌಲ್ಯಯುತ ಜೀವನ, ಸಾಮಾಜಿಕ ಕಳಕಳಿಯನ್ನು ವಿವಿಧ ಆಯಾಮಗಳಲ್ಲಿ ಮನಮುಟ್ಟುವ ಹಾಗೆ ತಿಳಿಸಿದರು. ಇಂದಿನ ಯುವಜನತೆ ಹಾಗೂ ವೈದ್ಯಕೀಯ ವಿದ್ಯಾರ್ಥಿಗಳು, ಶ್ರೀಗಳ ಆದರ್ಶ, ದೂರದರ್ಶಿತ್ವ, ನಾಯಕತ್ವದ ಗುಣಗಳನ್ನು ತಮ್ಮ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡು ಪಾಲಿಸಬೇಕೆಂದು ತಿಳಿಸಿದರು.

ಕಾರ್ಯಕ್ರಮದ ಅಧ್ಯಕ್ಷತೆಯನ್ನು ವಹಿಸಿದ್ದ ಶ್ರೀ ಆರ್. ಮಹೇಶ್, ನಿರ್ದೇಶಕರು, ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ವಿಭಾಗ, ಜೆಎಸ್‌ಎಸ್ ಮಹಾವಿದ್ಯಾಪೀಠ, ಮೈಸೂರು, ಇವರು ತಮ್ಮ ಭಾಷಣದಲ್ಲಿ ಡಾ. ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳವರ ತತ್ವ ಆದರ್ಶಗಳನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳು, ಭೋಧಕರು, ಅಧಿಕಾರಿ ವರ್ಗದವರು ಎಲ್ಲರೂ ಅಳವಡಿಸಿಕೊಂಡು ಪಾಲಿಸಿದಾಗ ಆರೋಗ್ಯಯುತ, ಮೌಲ್ಯಯುತ ಸಮಾಜದ ನಿರ್ಮಾಣ ಸಾಧ್ಯ ಎಂದು ಹೇಳಿದರು.

ಈ ಜಯಂತೋತ್ಸವವು ಕು. ಸುಮೇಧಾ ಭಟ್ ಹಾಗೂ ಕು. ಅಶ್ವಿಣಿ ರವರ ಪ್ರಾರ್ಥನೆಯೊಂದಿಗೆ ಪ್ರಾರಂಭವಾಯಿತು. ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ, ಡಾ. ಸರ್ಬೇಶ್ವರ್ ಕರ್ ಅವರು ಸಭೆಗೆ ಗಣ್ಯರು, ಅತಿಥಿಗಳು, ಭೋಧಕ ಬೋಧಕೇತರ ವೃಂದದವರು, ವಿದ್ಯಾರ್ಥಿಗಳು, ರೋಗಿ ಬಂಧುಗಳು ಸರ್ವರನ್ನು ಸ್ವಾಗತಿಸಿದರು. ಕಾರ್ಯಕ್ರಮವು ಗಣ್ಯರು ದೀಪ ಬೆಳಗಿಸುವುದರ ಮೂಲಕ ಪ್ರಾರಂಭಗೊಂಡಿತು. ಡಾ.

ಶ್ರೀ ಶಿವರಾತ್ರಿ ರಾಜೇಂದ್ರ ಮಹಾಸ್ವಾಮಿಗಳ 109ನೇ ಜಯಂತೋತ್ಸವದ ಅಂಗವಾಗಿ ಹಮ್ಮಿಕೊಂಡಿದ್ದ ವಿವಿಧ ಶೈಕ್ಷಣಿಕ, ಸಾಂಸ್ಕೃತಿಕ ಸ್ಪರ್ಧೆಗಳು ಹಾಗೂ ಚಟುವಟಿಕೆಗಳು, ವಿಚಾರ ಸಂಕಿರಣ, ರಕ್ತದಾನ ಶಿಬಿರ ಇವುಗಳ ಕುರಿತು ಡಾ. ಉಷಾ ಡಿ.ಟಿ. ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು ವರದಿಯನ್ನು ಮಂಡಿಸಿದರು.

ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ವಿವಿಧ ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ಪಾಲ್ಗೊಂಡು ವಿಜೇತರಾದವರಿಗೆ ಗಣ್ಯರಿಂದ ಬಹುಮಾನ ವಿತರಣೆ ಪ್ರಶಸ್ತಿ ಪತ್ರಗಳನ್ನು ನೀಡಲಾಯಿತು. ಡಾ. ಸರ್ಬೇಶ್ವರ್ ಕರ್, ಪ್ರಾಂಶುಪಾಲರು, ಸಂಪಾದಿಸಿರುವ “ರಸದ್ರವ್ಯ ಸೂಚನ” ಪುಸ್ತಕವನ್ನು ಈ ಸಂದರ್ಭದಲ್ಲಿ ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು.

ಡಾ. ಬೀನಾ ಎಂ.ಡಿ. ಪ್ರಾಧ್ಯಾಪಕರು, ವಂದನಾರ್ಪಣೆಯನ್ನು ನಡೆಸಿಕೊಟ್ಟರು. ಡಾ. ಅಯ್ಯಣ್ಣ ಪಿ.ಪಿ., ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು, ಕಾರ್ಯಕ್ರಮವನ್ನು ನಿರೂಪಿಸಿದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಸರ್ವರಿಗೂ ಪ್ರಸಾದ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಲಾಗಿತ್ತು.



1. The Hon'ble Director of Medical Education, JSS Mahavidyapeetha, Mysuru, along with other dignitaries, lit the lamp to inaugurate the event.



2. The Hon'ble Director of Medical Education, JSS Mahavidyapeetha, Mysuru, distributed prizes to the winners of various competitions.



3. Sri. Tripuranthaka, Coordinator of JSS Educational Institutions, Suttur, delivered a talk on Nudinamana.



4. Chief Guest Sri. Ramesh Kumar H.B., Assistant Commissioner of Police, KR Sub Division, Ashokpuram Police Station, Mysuru, delivered an insightful speech.



5. Dignitaries released the textbook *Rasa Dravya Suchana* during the event.



6. Sri. Ramesh Kumar H.B. was honored with a felicitation during the event.



7. The Hon'ble Director of the Medical Education Division, JSS Mahavidyapeetha, Mysuru, delivered an inspiring speech.



8. The Hon'ble Director, MED, JSSMVP, Mysuru, was honored with a felicitation, recognizing his leadership and dedication to enhancing education in the institution.



9. The Chief Guest distributed prizes to the winners of various competitions, celebrating their achievements and encouraging continued excellence.



10. Sri. Tripuranthaka G.L., Co-ordinator of JSS Educational Institutions, Suttur, was honored with a special felicitation for his contributions in the educational field.



11. Dr. Usha D.T., U.G. Coordinator, presented a report on the 109th Jayanthi Celebration, emphasizing its significance and community participation.



12. Dr. Sarbeshwar Kar, Principal of JSSAMC, Mysuru, delivered an inspiring speech highlighting the institution's achievements and commitment to excellence in Ayurveda education.