




JSS MAHAVIDYAPEETA

JSS COLLEGE FOR WOMEN

Affiliated to the University of Chamarajanagara & Re-Accredited by NAAC with 'B+' Grade
DOUBLE ROAD, CHAMARAJANAGAR : 571 313

Ph.: 08226-222076 & FAX: 08226-226505 Website:jsscwn.com E-mail : jsscwnagar@gmail.com

Title of the Programme:	Sports for health
Date :	21-09-2023
Organized by:	Youth Red Cross Unit
Resource Person:	Dr Mahesh, Secretary, Indian Red cross Institution, Chamarajanagar.
Geo-tagged photos:	
Objectives:	Foster mental health benefits such as stress relief, improved mood, and better cognitive function through active engagement in sports
Outcomes:	Participants experience increased fitness levels, better coordination, and reduced risk of lifestyle-related ailments.
Number of beneficiaries:	110




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Title of the Programme:	Induction Programme
Date :	25-09-2023
Organized by:	IQAC
Resource Person/ Speaker	Sri Siddaraju G, Principal, Jss college for women, chamarajanagar
Geo-tagged photos:	
Objectives:	Provide a comprehensive overview of the organization, including its mission, vision, values, policies, and procedures
Outcomes:	Participants align their efforts with the organization's goals, values, and culture.
Number of beneficiaries:	126




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Title of the Programme:	Special Lecture programme on Health communication in adolescence
Date :	01-12-2023
Organized by:	Alumini Association
Resource Person:	Dr R S Nagarajun, PDGRO
Geo-tagged photos:	
Objectives:	Highlight common health issues faced by adolescents, such as mental health, substance abuse, sexual health, nutrition, and physical fitness.
Outcomes:	Participants develop a better understanding of health issues that are relevant to adolescents, as well as the importance of effective health communication.
Number of beneficiaries:	102



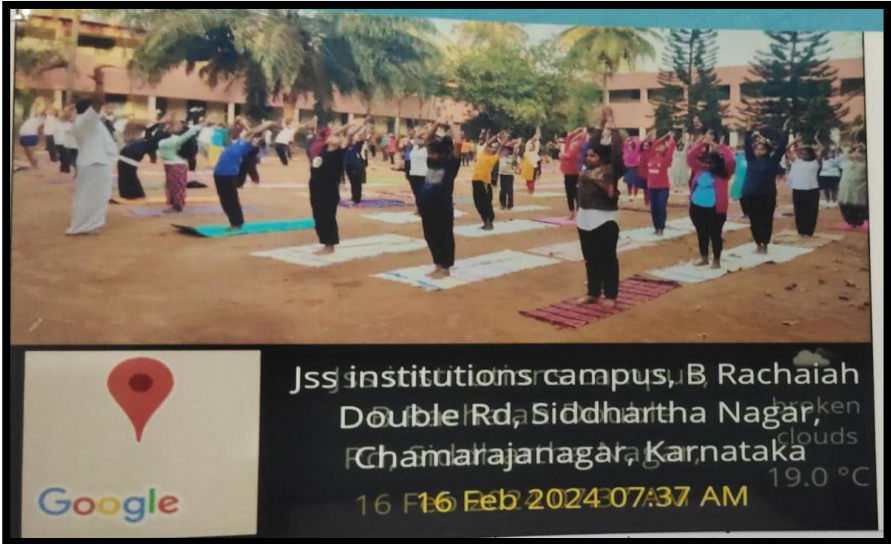
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Title of the Programme:	Rathasapathami Programme
Date :	16-02-2024
Organized by:	Department of Physical Education
Resource Person:	Rajayogini Daneshwari, Co ordinator of Prajapitha Eswariya University
Geo-tagged photos:	
Objectives:	To bring the community together for a shared spiritual experience, reinforcing bonds and unity among participants.
Outcomes:	Physical and mental well-being benefits for participants through fasting, prayer, and engagement in physical activities, as the Sun is seen as a source of vitality.
Number of beneficiaries:	95


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