J S S COLLEGE FOR WOMEN (Autonomous)
Saraswathipuram, Mysore

Report on
One week Health and wellness drive camp
" HEALTHY BODY AND HEALTHY MIND"

Date: 29/06/2026 to 04/07/2026

Organized by: Department of Biochemistry and Physical Education

Venue: Physical Education department.

Number of beneficiary: 1250

Objective of the program:

- To create awareness among undergraduate students about the importance of maintaining physical health, mental well-being, and a balanced lifestyle.
- To promote healthy eating habits, regular physical activity, proper sleep, and personal hygiene among students.
- To encourage yoga, meditation, and relaxation practices for improving concentration and reducing stress.
- To build awareness about the link between physical fitness and mental wellness in student life.

Brief write up of the program :

A one-week health drive camp was organized by the Department of Biochemistry and Physical Education under the theme **"Healthy Body and Healthy Mind"** from **29/06/2026 to 04/07/2026** to enlighten students about the increasing health issues associated with body weight and to encourage them to maintain a healthy weight through BMI assessment. **Body Mass Index (BMI)** is a measure of body fat based on height and weight, and it applies to both adult men and women. It is calculated using the formula:

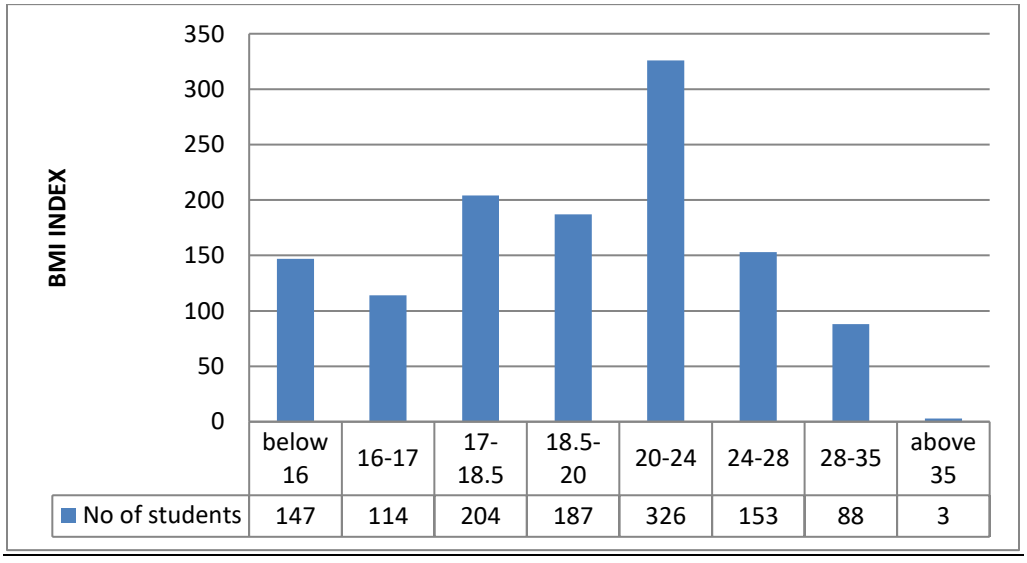
$$BMI = \frac{\text{weight in kg}}{\text{height in m}^2}$$

BMI is a simple screening tool used to classify individuals as underweight, normal weight, overweight, or obese, helping them understand their weight status and take appropriate steps to maintain good health.

INDEX	CLASSIFICATION
below 16	Acute Nutritional deficiency grade III
16-17	Acute Nutritional deficiency grade II
17-18.5	Acute Nutritional deficiency grade I
18.5-20	Average
20-24	Desirable
24-28	Obesity level I
28-35	Obesity level II
above 35	Morbid obesity

Outcome:

INDEX	B.Sc	BCA	B.Com	BA	TOTAL
below 16	60	51	30	6	147
16-17	43	38	30	3	114
17-18.5	68	66	62	8	204
18.5-20	69	63	49	6	187
20-24	136	92	84	14	326
24-28	51	54	43	5	153
28-35	41	21	25	1	88
above 35	01	01	00	1	3
TOTAL	**469**	**386**	**323**	**44**	**1222**



Impact

Students were screened and classified based on their body weight into three categories: underweight, normal weight, overweight. Following this classification, each student was advised to maintain their weight according to their body's specific requirements. They were further instructed to modify their daily routine by:

- Engaging in regular physical activities such as yoga, daily exercise, running, and walking
- Adopting positive lifestyle changes
- Following a balanced and nutritious diet.

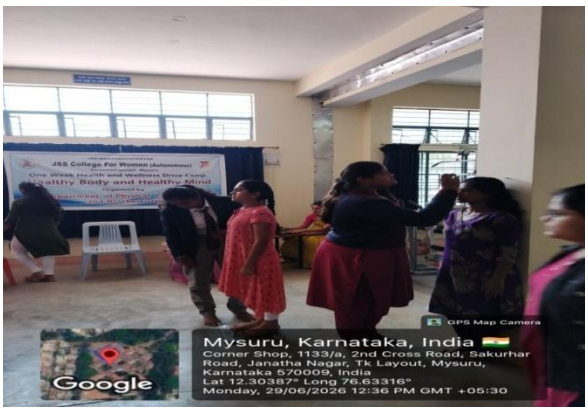
In the coming weeks, the Department of Physical Education will organize a **15-days yoga camp** to promote physical fitness and mental well-being. Additionally, nutritional talks will be organized by the Department of Biochemistry and Physical Education to educate students about their individual nutritional needs and healthy eating practices.

Images:













Additional photos:

https://drive.google.com/file/d/1aIen-E4SowzHHvBQEgQvyPAWzAZ9O4CM/view?usp=drive_link

CIRCULAR:

JSS MAHAVIDYAPEETHA

J S S COLLEGE FOR WOMEN (AUTONOMOUS)

(An Autonomous College of University of Mysore: Re-Accredited by NAAC with 'A' Grade (CGPA: 3.10)

Saraswathipuram, Mysore – 570 009

Ph No:0821-2548239 ♣ Principal 2548383 ♣ Fax: 2548240 ♣ ✉: jsscw.principal@gmail.com ♣ Website: http://www.jsscw.in

Date: 27.06.2026

CIRCULAR

A One Week Health and Wellness Drive Camp under the theme **"Healthy Body and Healthy Mind"** program has been organized by the Department of Physical Education and Biochemistry for the first, second and third degree students of the year 2026-27 from 29.06.2026 to 04.07.2026 at the Multi Gym (Room No. 212) of the Department of Physical Education for the students. The students are requested to participate in this camp and take advantage of it.

Principal
PRINCIPAL
JSS COLLEGE FOR WOMEN
(Autonomous)
Saraswathipuram, MYSORE-9

Participation & BMI profile

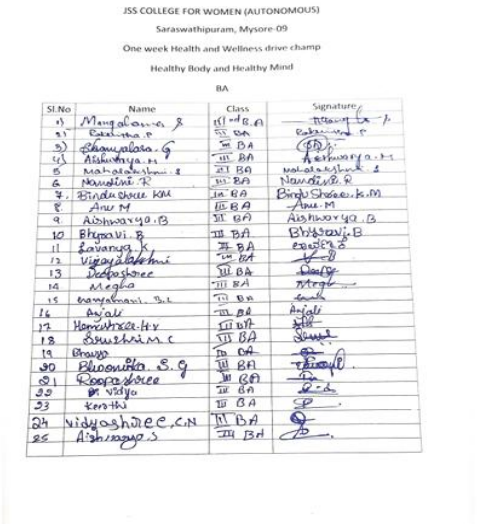
Sl.No	Name	Age	Weight in KG	Height in cm	BMI
1.	Anshree	20	65	165	23.87511
2.	avani	20	37	157	15.01075
3.	chanadana mj	20	61	164	22.67995
4.	deepika	20	42	147	19.43635
5.	chanadana h j	20	68	160	26.5625
6.	latha h g	20	53	161	20.44674
7.	divya k seervi	21	42.5	157	17.24208
8.	manyashree s	20	53	177	16.91723
9.	lavanya	20	54	157	21.90758
10.	manasa s	20	54	160	21.09375
11.	navyashree v	20	41	158	16.42365
12.	raksha d m	19	45.6	158	18.2663
13.	riishitha mr	20	58	172	19.60519
14.	sinchana k r	20	53.3	156	21.90171
15.	s m janavi	19	56	158	22.4323
16.	priya h	19	48	161	18.5178
17.	sindhu k m	20	40	154	16.86625
18.	shalini t d	20	30	153	12.81558
19.	thanushree g j	20	40	164	14.8721
20.	srusti r p	20	42	162	16.00366
21.	chandana h b	18	64	155	26.63892
22.	kruthika b r	17	36	157	14.60505
23.	sinchana b s	18	45	156	18.49112
24.	pravalika	19	35	162	13.33638
25.	ankitha k n	17	51	153	21.78649
26.	managalamma s	19	38	156	15.61473
27.	rakshitha p	20	42	157	17.03923
28.	shravyalara g	19	68	151	29.82325
29.	aishwarya m	20	37.6	164	13.97977
30.	thulsi krishna k	18	45	149	20.26936
31.	greeshma n gowda	18	53	168	18.77834
32.	chandana b	18	59	168.3	20.82974
33.	ananya p raj	17	56	156	23.01118
34.	darshini r k	18	37	162.3	14.04639
35.	kumuda	17	43	156.2	17.62408
36.	geetha	17	64	155.6	26.43387
37.	shalini a r	19	55	156	22.60026
38.	smitha r	17	40	159	15.82216

39.	pushpalatha j	42	62	162	23.62445
40.	bhavya	20	67	161	25.84777
41.	anjali	19	58	165	21.30395
42.	bhoomika s g	20	43.2	167	15.48998
43.	vidya	19	43.6	154	18.38421
44.	keerthi	19	48.6	151	21.31485
45.	vidyashree c m	19	65	158	26.03749
46.	vidyambha	28	78	158	31.24499
47.	aliya	18	42.6	145	20.26159
48.	madhushree p	19	70	157	28.39872
49.	prarthana r gowda	19	44	165	16.16162
50.	reena nikitha	19	39.5	160	15.42969
51.	kushi	18	38.8	159	15.34749
52.	prathiksha	19	78	153	33.32052
53.	bhavitha p v	19	59.5	164	22.12225
54.	poorvika j	19	59	158	23.63403
55.	jeevitha r	18	56.7	167	20.3306
56.	likitha k j	18	38.9	149	17.52173
57.	manya b b	20	34.7	149	15.62993
58.	namratha k u	19	54.1	164	20.11452
59.	ganavi	19	60.9	159	24.08924
60.	vidyashree c m	18	50.9	161	19.63659
61.	shivamma	19	43.5	150.6	19.17959
62.	bhanu	19	42.5	150	18.88889
63.	anagha	18	68	154	28.67263
64.	gayana	19	42	155	17.48179
65.	jerusha	19	55	147	25.45236
66.	roopashree	20	65	147	30.08006
67.	punitha	19	46	147	21.28743
68.	kajal yadav	20	60	169	21.00767
69.	shrushti d	18	43	165	15.79431
70.	vaishnavi n	19	37	151	16.22736
71.	samrudhi v	19	71	151	31.13899
72.	bhavana a n	18	55	154	23.19109

Participant BMI List:

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Participant list



JSS COLLEGE FOR WOMEN (AUTONOMOUS)

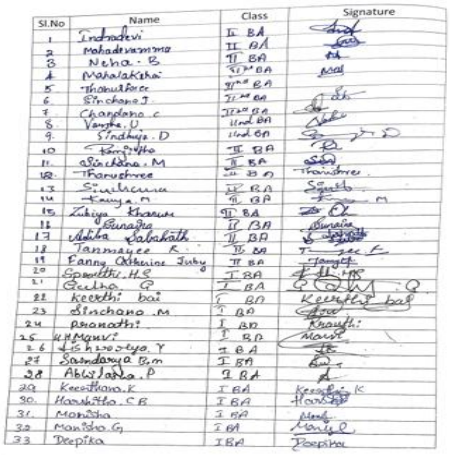
Saraswathipuram, Mysore-09

One week Health and Wellness drive champ

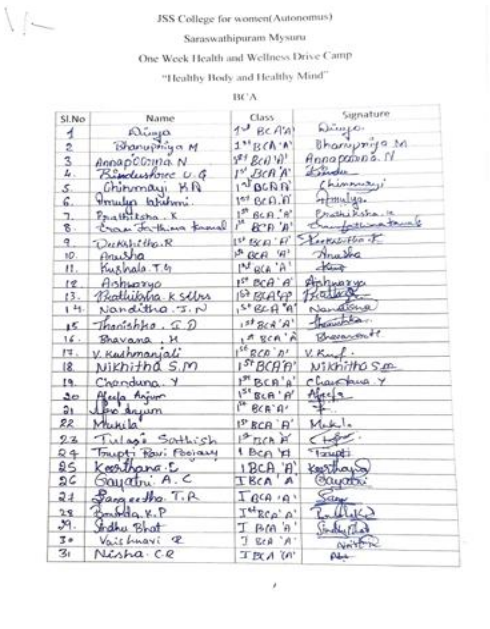
Healthy Body and Healthy Mind

BA

Sl.No	Name	Class	Signature
1	Mangalavalli	II nd B.A	
2	Bakkiyalakshmi P	III BA	
3	Bhanulakshmi G	III BA	
4	Aishwarya H	III BA	
5	Mahalakshmi R	II BA	
6	Navyashree R	III BA	
7	Bindu Shree KM	III BA	
8	Anu M	III BA	
9	Aishwarya.B	III BA	
10	Bhargavi B	III BA	
11	Saivanya K	II BA	
12	Vijayalakshmi	III BA	
13	Deepashree	III BA	
14	Megha	III BA	
15	Ramyalakshmi B.L	III BA	
16	Anjali	III BA	
17	Hamsthree H.V	III BA	
18	Shwethri M.C	III BA	
19	Bhavya	II BA	
20	Bhoomika S.G	III BA	
21	Roopashree	II BA	
22	Vidya	III BA	
23	Keerthi	II BA	
24	Vidyashree C.N	III BA	
25	Ashwaya.S	III BA	



Sl.No	Name	Class	Signature
1	Indradevi	II BA	
2	Mahadevamma	II BA	
3	Neha.B	II BA	
4	Mahalakshmi	III BA	
5	Thanushree	II BA	
6	Sinchana J	II BA	
7	Chandana C	II BA	
8	Vanitha.U	II BA	
9	Sindhuja.D	II BA	
10	[illegible]	II BA	
11	Akshitha.M	II BA	
12	Tharushree	II BA	
13	Sinchana	II BA	
14	Tanya M	II BA	
15	Zikiya Kausar	II BA	
16	Sunajha	II BA	
17	Abiba Sabahath	II BA	
18	Janmayee R	II BA	
19	Fanny Akhaine Juby	II BA	
20	Gowrthi.H.S	I BA	
21	Geetha Q	I BA	
22	Keerthi bai	I BA	
23	Sinchana.M	I BA	
24	Pranathi	I BA	
25	Hemavi	I BA	
26	[illegible]	I BA	
27	Sandarya B.M	I BA	
28	Akhlaka.P	I BA	
29	Keerthana.K	I BA	
30	Harshitha.C.B	I BA	
31	Manitha	I BA	
32	Manitha.G	I BA	
33	Deepika	I BA	



JSS College for women(Autonomus)

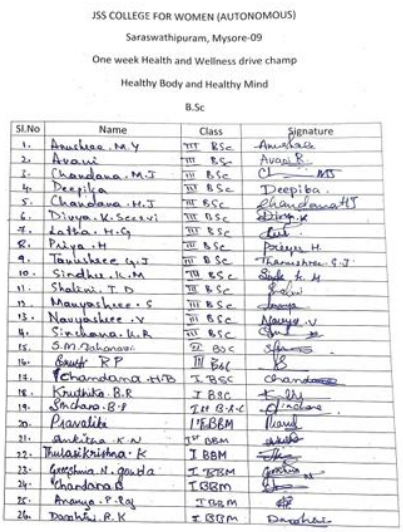
Saraswathipuram Mysuru

One Week Health and Wellness Drive Camp

"Healthy Body and Healthy Mind"

BCA

Sl.No	Name	Class	Signature
1	Divya	1st BCA 'A'	
2	Bhavyapriya M	1st BCA 'A'	
3	Annapoorna N	1st BCA 'A'	
4	Bindushree U.G	1st BCA 'A'	
5	Chinmayi M.R	1st BCA 'A'	
6	Amulya Krishna	1st BCA 'A'	
7	Prathiksha.K	1st BCA 'A'	
8	Sowmya Krishna Kamath	1st BCA 'A'	
9	Dakshitha.R	1st BCA 'A'	
10	Anusha	1st BCA 'A'	
11	Pushpala T.G	1st BCA 'A'	
12	Aishwarya	1st BCA 'A'	
13	Prathiksha K Sibbs	1st BCA 'A'	
14	Nanditha.J.N	1st BCA 'A'	
15	Thanishka.G.D	1st BCA 'A'	
16	Bhavana.M	1st BCA 'A'	
17	V.Kushmanjali	1st BCA 'A'	
18	Nikhitha S.M	1st BCA 'A'	
19	Chandana.Y	1st BCA 'A'	
20	Afeefa Anjum	1st BCA 'A'	
21	Afra Anjum	1st BCA 'A'	
22	Mukula	1st BCA 'A'	
23	Tulasi Santhish	1st BCA 'A'	
24	Trupti Ravi Poojary	1 BCA 'A'	
25	Keerthana.C	1 BCA 'A'	
26	Gayathri A.C	1 BCA 'A'	
27	Sangeetha T.R	1 BCA 'A'	
28	Bindhya K.P	1st BCA 'A'	
29	Sidhu Bhat	1 BCA 'A'	
30	Vaishnavi R	1 BCA 'A'	
31	Nisha.C.R	1 BCA 'A'	



JSS COLLEGE FOR WOMEN (AUTONOMOUS)

Saraswathipuram, Mysore-09

One week Health and Wellness drive champ

Healthy Body and Healthy Mind

B.Sc

Sl.No	Name	Class	Signature
1.	Anushree.M.Y	III BSc	
2.	Avani	III BSc	
3.	Chandana.M.J	III BSc	
4.	Deepika	III BSc	
5.	Chandana.M.J	III BSc	
6.	Divya.K.Sreevi	III BSc	
7.	Latha.M.G	III BSc	
8.	Priya.M	III BSc	
9.	Tanushree G.T	III BSc	
10.	Sindhu.N.M	III BSc	
11.	Shalini.T.D	III BSc	
12.	Manyashree.S	III BSc	
13.	Navyashree.V	III BSc	
14.	Sinchana.N.R	III BSc	
15.	S.M.Sahana	II BSc	
16.	Swati R P	III B&I	
17.	Chandana.H.B	I BSc	
18.	Khushita.B.R	I BSc	
19.	Sinchana.B.P	I M.B.C	
20.	Pravalika	I BBM	
21.	Ankitha.K.N	I BBM	
22.	Thulasikrishna.K	I BBM	
23.	Greeshma N. Gowda	I BBM	
24.	Chandana.B	I BBM	
25.	Ananya.P.Raj	I BBM	
26.	Drashti.P.K	I BBM	

Participants list

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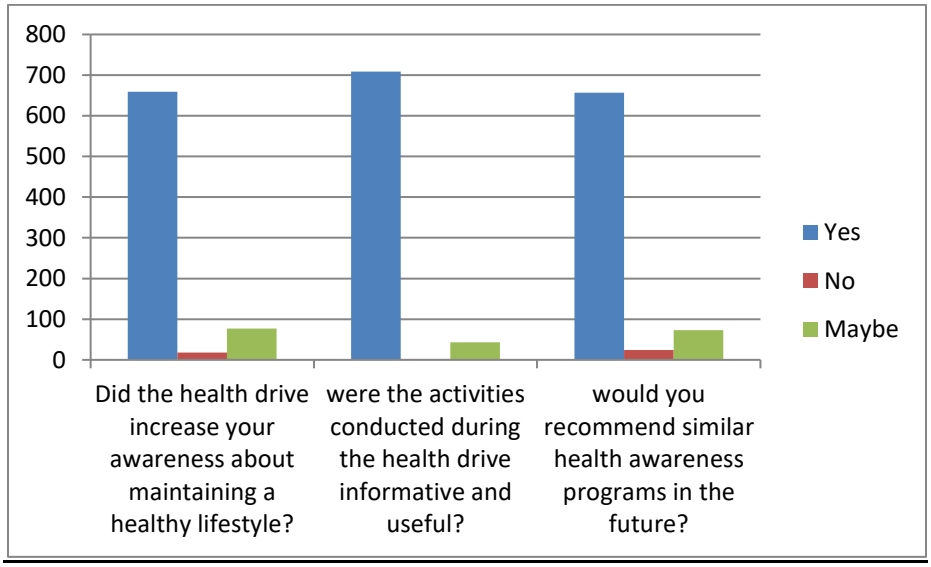
FEEDBACK

Total number of feedback given by: 754

Feedback response list:

https://docs.google.com/spreadsheets/d/1W9SooMegkB89ec34ceMugQ-zGgCUFaCrunpR1_EzxaM/edit?usp=drivesdk

	Did the health drive increase your awareness about maintaining a healthy lifestyle?	Were the activities conducted during the health drive informative and useful?	Would you recommend similar health awareness programs in the future?
Yes	659	709	657
No	18	2	24
Maybe	77	43	73



Department of Biochemistry Department of Physical Education Signature of Principal