



JSS MAHAVIDYAPEETHA
J S S COLLEGE FOR WOMEN (AUTONOMOUS)

(An Autonomous of University of Mysore: Reaccredited by NAAC at 'A' Grade with CGPA: 3.07)
Saraswathipuram, Mysore – 570 009

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Report on Awareness program on the topic 'little steps to wellness: ayurveda awareness for students'

Date: 18/09/2025

Place: Navajyothi Auditorium

Organized by: Department of Botany and IQAC in association with JSS Ayurveda Medical College, Mysuru

Objectives:

- To introduce students to the basic principles of Ayurveda and holistic health.
- To create awareness about the importance of maintaining physical, mental, and emotional well-being.
- To educate students on simple Ayurvedic lifestyle practices (Dinacharya – daily routine).
- To promote the use of natural remedies and preventive healthcare methods.
- To encourage healthy dietary habits based on Ayurvedic principles.
- To reduce dependence on unhealthy lifestyle choices through awareness and education.
- To inspire students to adopt small, sustainable steps towards wellness.

Brief Write-up of the Programme

The awareness programme titled "Little Step to Wellness – Ayurveda Awareness for Students" was organized with the aim of promoting holistic health and well-being among students through the principles of Ayurveda. The session focused on introducing the fundamental concepts of Ayurveda, including the balance of body, mind, and spirit.

Dr. Netra spoke on different chikitsa sutras like Panchakarma, Nasyakarma etc., to cure the seasonal diseases and to improve immunity.

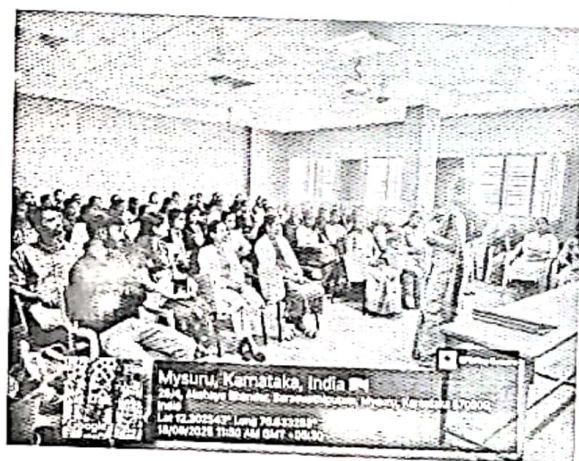
Dr. Susmitha and Dr Rechanna spoke on the effect of 'ruthus' on the human system. Vata, pitta and kapha aggravate seasonally and recommend suitable food to control tridoshas. Dr. Mahanth concluded the

session by mentioning the significance of celebration of Ayurveda Day. Dr. Nanda K O Assis Professor, JSS Ayurveda Medical College, Mysuru was present on the occasion. Dr. Rechanna, Principal presided over the function. M.M Swamy, HOD of Botany, Faculty and students of Natural Sciences were participated.

Outcomes:

- Students gained basic knowledge of Ayurvedic principles and healthy living.
- Increased awareness about preventive healthcare and natural remedies.
- Students understood the importance of balanced diet and lifestyle habits.
- Enhanced interest in traditional systems of medicine like Ayurveda.
- Students were motivated to adopt healthier routines in their daily life.

Photos:



Participant list

I B.Sc

SL No	Student Name	SL No	Student Name	SL No	Student name
1.	Asha S	29	Hamshika S P	57	Dhanushree B M
2.	Bindhushree	30	L R Hani Patel	58	H R Darshini

3.	Aliya	31	Janyashri G	59	Hemalatha G M
4.	Aishwarya B	32	Jnana N	60	K Spandana
5.	Anagha Bhat K	33	Neeriksha Y R	61	K Thanuja
6.	Bhanu D P	34	Lasya Urs	62	Manya C
7.	Deepa	35	Manasa M	63	Monisha S
8.	Gayana M C	36	Manya Singh U	64	Muktha D Matad
9.	Geethanjali D R	37	Nandini P	65	Nisha
10.	Inchara	38	Niharika D S	66	Nisha R
11.	Lakshmi	39	Pragathi A	67	Nithya P
12.	Lekhana N R	40	Pranathi B	68	Parnika G S
13.	Manjula M	41	Pratheeksha M R	69	Prathiksha T M
14.	P.Kushi Vishwakarma	42	Rashmi U	70	Rachana H J
15.	Prathiksha B G	43	Sahana A M	71	Raksitha N
16.	Rakshitha G P	44	Shalini R	72	Rithika G
17.	Rani G M	45	Sinchana K	73	Sakshi U
18.	Shalini M N	46	Sneha G	74	Sanjana M S
19.	Shreya S	47	Suhana	75	Shragvi Patel
20.	Suneeta M	48	Sushmitha N S	76	Siri D S
21.	Vinutha B J	49	Sowyashree M D	77	Sneha K
22.	Zainab Khanum	50	Varalakshmi	78	Soumyashree
23.	Geethapriya	51	Harsitha V	79	Souparnika B
24.	Asha	52	Neethu G Raj	80	Thanisha
25.	BhramArambha V	53	Amogha Prasanth	81	Thejashwini B
26.	Deekshitha	54	Archana R	82	Thrupthi D Y
27.	Disha D Rao	55	Deepa T R	83	Veda M V
28.	Gangamma	56	Deeepthi M S	84	Yashashwini K

II B.Sc

SL.No	Student name	SL No	Student name	SL No	Student name
1.	Abinaya S	23	Varshitha K K	45	Anju
2.	Aishwarya C R	24	Amulya B N	46	Anushka V Pukale
3.	Ananya B S	25	Arpitha A Z	47	Anushree My

4.	Bharathi B	26	Chandana S	48	Aranya M
5.	D P Daneshwari	27	Deepa C M	49	Avani R
6.	Hamsagiri G	28	Lakshmi M	50	Bhoomika M M
7.	Hani	29	Lakshmishree M	51	Bindu S
8.	Huda Yousuf	30	Likitha M	52	Chandana H J
9.	Jyothika	31	Manasa G H	53	Chandana M J
10.	Huda Yousuf	32	Manjula	54	Deepika
11.	Jyothika	33	Nisarga A M	55	Divya K Seervi
12.	Kusumanjali D	34	Nisarga K Y	56	Jeevitha Y R
13.	Lisha D S	35	Poorvika	57	Latha H G
14.	Namratha Urs K R	36	Rakshitha M	58	Lavanya
15.	Nisarga K S	37	Rakshitha M	59	Mahadevamma M N
16.	Nishma P M	38	Sahana G	60	Manasa S
17.	Poka Hasini	39	Sanjana C N	61	Manyashree S
18.	Prathibha N	40	Sinchana L H	62	Navyashree V
19.	Ranjitha M	41	Sri Latha	63	Nesara R
20.	Spandana K	42	Thanusha P	64	Poorvika
21.	Sujatha R	43	Vyshnavi S	65	Priya H
22.	Vaishnavi Kappal	44	Amrutha s		

III B.Sc

SL.No	Student name
1.	MadalambikaM
2.	Pooja K
3.	Preethi B R
4.	Rakshitha H P
5.	Sanjana S
6.	Shivanishree N
7.	Shreya S
8.	Harshitha M
9.	Gaura sambaji raymane

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An Awareness Programme on "Little steps to wellness: ayurveda awareness for students"
18/09/2025

Name of the Student: ...
Class and Combination: ...
Name of the Institution: ...

Technical Session	Topic	Resource Persons
1	Little steps to wellness: ayurveda awareness for students	Dr. Netra H Huhballi, Assistant Professor, Department of PG studies in Kayachikitsa, JSS Ayurveda Medical College, Mysuru

Please give the appropriate rating as:
1 = Strongly agree, 2 = Agree, 3 = Neutral, 4 = Disagree, 5 = Strongly disagree

I. About the Resource person of Technical Session :

Sl. No.	Parameters	Technical Session 1
1.	Knowledgeable, Organized & Prepared	1
2.	Listened to and responded effectively	2
3.	Used illustrative examples to support the content delivery	1
4.	Projected an enthusiastic and positive thinking	1

II. About the Technical Sessions :

Sl. No.	Parameters	Technical Session 1
1.	Interactive and engaging	1
2.	Objectives was clearly defined	1
3.	Contributed to my educational, and personal development	1
4.	Improved my research interest/attitude	2

Suggestions if any :
Signature of the Student

Impact:

The programme "Little Step to Wellness – Ayurveda Awareness for Students" created a meaningful impact by fostering a positive shift in students' perception of health and well-being. It encouraged them to adopt simple, practical Ayurvedic habits such as maintaining a balanced diet, following a daily routine, and managing stress effectively. Students became more aware of the importance of preventive healthcare and showed increased interest in natural and holistic approaches to wellness. Overall, the programme contributed to promoting healthier lifestyle choices, improved mental awareness, and a long-term inclination toward sustainable well-being among students.

Signature of HoD/ Coordinator

HEAD
Department of Botany
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Signature of Principal
PRINCIPAL
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