



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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Awareness program on “**Traditional Phytomedicines for Gynaecological Problems**”

Date: 13/12/2025

Place: Audio Visual Room

Number of beneficiaries: 60

Objectives:

- Educate women about common gynaecological problems
- Highlight the value of traditional healing systems like Ayurveda
- Bridge traditional and modern Medicine
- Promote preventive healthcare

Resource Person Name: Dr. Nanda K. O

Designation: Assistant Professor,
Dept, of Prasooti Tantra and Stree Roga,

Organization: JSS Ayurveda Medical College, Mysuru.

Brief Write up on the Programme:

An awareness programme organized by the Dept. of Botany on 13.02.2025 on the topic “**Traditional Phytomedicines for Gynaecological Problems**”. Talk delivered by Dr. Nanda K. O., Assistant Professor, Dept. of Prasoothishastra, JSS Ayurvedic Medical College, Mysuru. Dr. Hemalatha, Post graduate student accompanied the guest speaker.

She has explained the medicinal uses of *Asparagus*, *Adathoda*, *Terminalia*, *Bauhinia*, *Yasthimadhu* etc., with the help of plant specimens. She also showed the plant products like seeds, rhizomes and explained their uses in gynaecological problems.

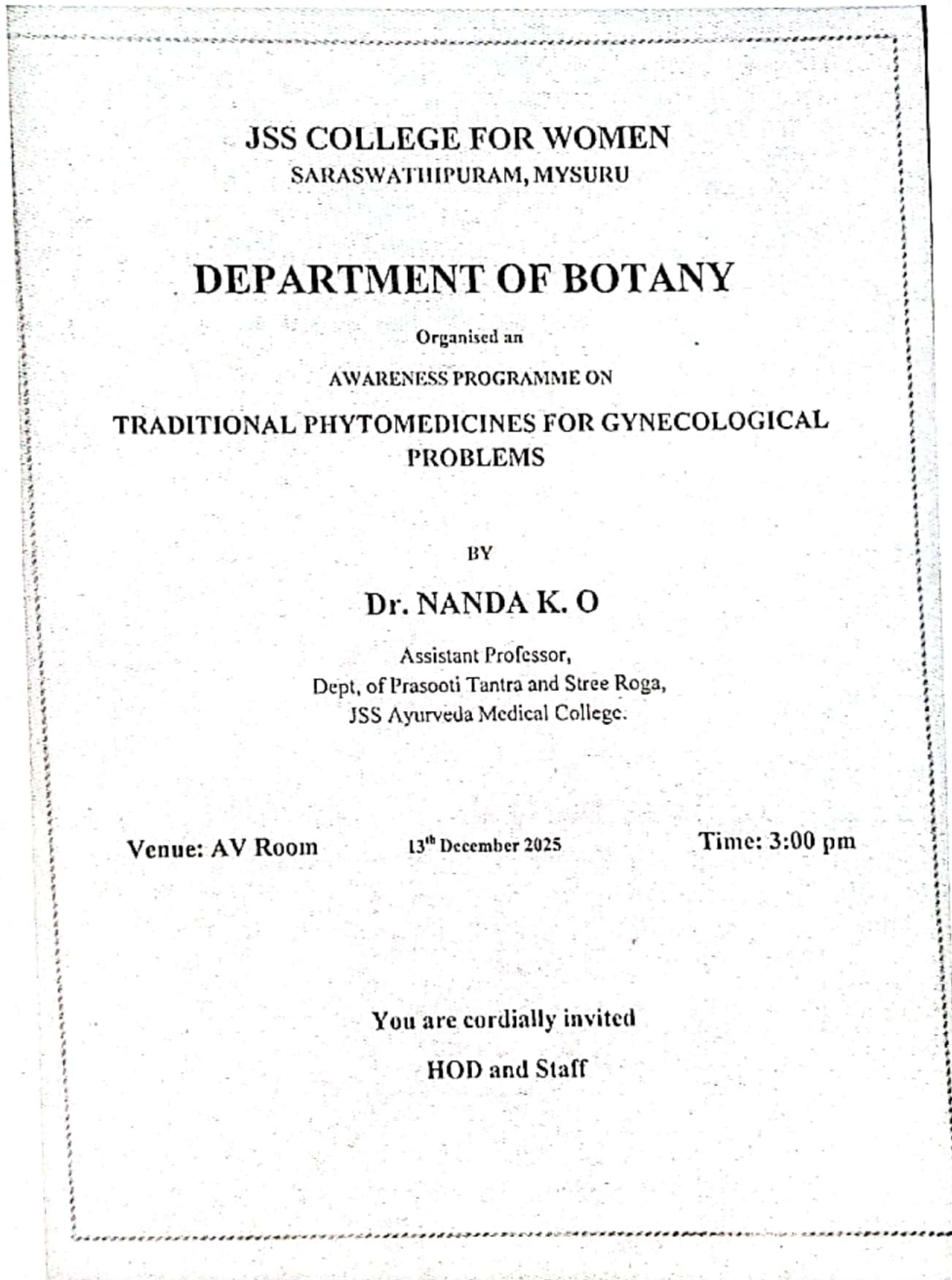
Ms. Prakruthi Mahadevu welcomed the gathering and introduced the guest speaker. Ms Varshini K. N extend vote of thanks. Ms Nandini G compered the programme

Faculty members of Natural science were present on the occasion.

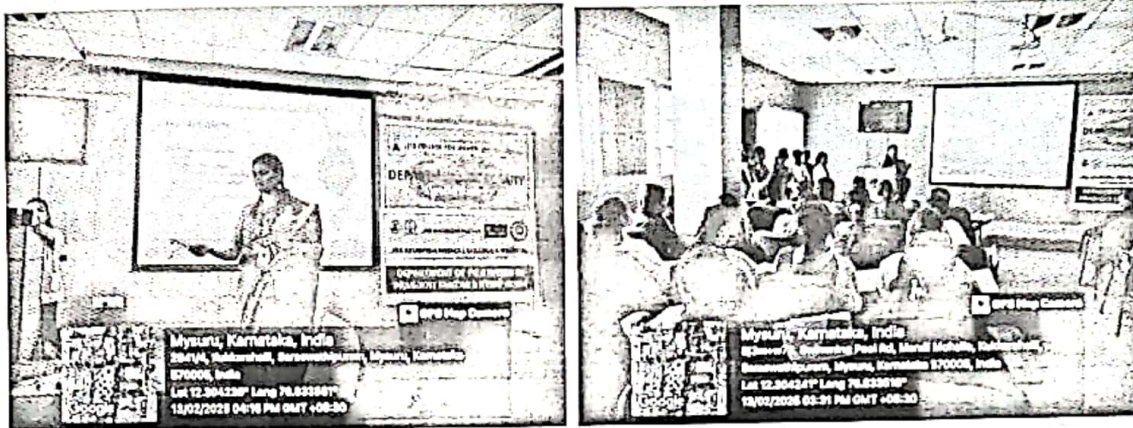
Outcomes:

- Improved Awareness and knowledge
- Positive health seeking behavior and empowerment of women
- Preservation of traditional knowledge and adoption of preventive practices
- Reduction in stigma associated with gynecological issues and sustainable use

Program list:



Photos



Feed back:

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 Saraswathipuram, Mysuru - 576 009

An Awareness Programme on "Traditional Phytomedicines for Gynaecological Problems" on
 13.12.2023

Name of the Student: Rohan R.P.
 Class and Combination: 1st B.A. (HSS)
 Name of the Institution: JSS College for Women

Technical Session	Topic	Resource Persons
1	Traditional Phytomedicines for Gynaecological Problems	Dr. Nanda K.O. Assistant Professor, Dept. of Prasootishashtra, JSS Ayurvedic 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	Agree
2.	Listened to and responded effectively	Strongly agree
3.	Used illustrative examples to support the content delivery	Strongly agree
4.	Projected an enthusiastic and positive thinking	Agree

II. About the Technical Sessions :

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

Suggestions if any: More time for interaction and doubt clearing would be helpful.

Signature of the Student: [Signature]

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An Awareness Programme on "Traditional Phytomedicines for Gynaecological Problems" on
13.12.2025

Name of the Student: *Prakruthi Mahadevi*

Class and Combination: *II B.Sc (BZ)*

Name of the Institution: *JSS college for women, Saraswathipuram,*

Technical Session	Topic	Resource Persons
1	Traditional Phytomedicines for Gynaecological Problems	Dr. Nanda K.O. Assistant Professor, Dept. of Prasoothishastra, JSS Ayurvedic 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	1
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	1

Suggestions if any *Very informative*

Prakruthi Mahadevi
Signature of the Student

JSS MAHAVIDYAPEETHA
JSS COLLEGE FOR WOMEN (AUTONOMOUS)
Saraswathipuram, Mysuru – 570 009

An Awareness Programme on "Traditional Phyto-medicines for Gynaecological Problems" on
13.12.2025

Name of the Student: Chandana Raj N

Class and Combination II B.Sc BZ

Name of the Institution: JSS College for women Mysuru

Technical Session	Topic	Resource Persons
1	Traditional Phyto-medicines for Gynaecological Problems	Dr. Nanda K.O. Assistant Professor, Dept. of Prasoothishastra, JSS Ayurvedic 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	1
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	1

Suggestions if any nil -

Chandana N Raj
Signature of the Student

Impact:

The awareness program on "Traditional Phytomedicines for Gynaecological Problems" led to a measurable improvement in women's knowledge, attitudes, and practices related to reproductive health. Participants demonstrated increased awareness of common gynecological conditions and the safe use of plant-based remedies.

The program contributed to more informed health-seeking behavior, including timely consultation with healthcare providers and reduced reliance on unsafe self-medication. It also fostered greater confidence among women in managing their reproductive health, encouraged open discussions that helped reduce stigma, and supported the preservation of indigenous medicinal knowledge. Additionally, the initiative promoted sustainable use and conservation of medicinal plants, creating both health and environmental benefits at the community level.



HEAD
Department of Botany
JSS College for Women
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Saraswathipuram, Mysore-5



Signature of Principal
PRINCIPAL
JSS COLLEGE FOR WOMEN
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Saraswathipuram, MYSORE-5