



# BISHOP BENZIGER COLLEGE

# OF NURSING

*Accredited by NAAC,*

*Member of United Nations Academic Impact Program*

*Approved Research Centre of Kerala University of Health Sciences*



## 5.1.2 - Yoga Day Report 2015-2020

# International Yoga Day 21<sup>st</sup> June 2016

International Yoga Day was celebrated on 21.06.2016 from 2.30pm to 3.30pm at Bishop Joseph hall, Bishop Benziger college of Nursing. The program was officially inaugurated by Prof. Anand S, Vice Principal, Bishop Benziger college of Nursing. The chief guest of the program was Dr. Soniya N C (Former Medical Officer, The Nature Cure Hospital, Varkala) she took a class on yoga including the type of Asanas, Pranayama and Kapalapathi etc. It was a well informative session. Our 121 NSS volunteers actively participated in the program. Mrs. Sony John (NSS, Program Officer, BBCON Unit), Mr. Jerin J (Staff Representative) \*coordinated the program. The program successfully ended at 3.30pm.

**Report Prepared by NSS Program Officer  
Mrs. Sony John**

*Programme Officer*  
National Service Scheme  
Bishop Benziger College of Nursing  
Kollam



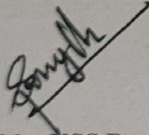
**Signature of Chairperson**

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**Dr. ANOOPA. K.R. Ph.D (N)**  
**PRINCIPAL**  
**BISHOP BENZIGER COLLEGE OF NURSING**  
**KOLLAM - 1, KERALA**

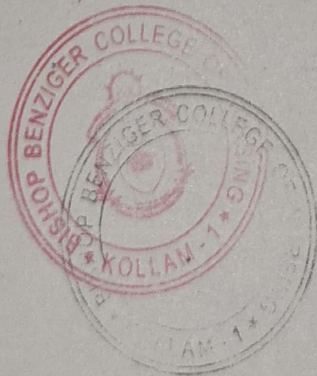
## International Yoga Day 21<sup>st</sup> June 2017

International Yoga Day was celebrated on 21.06.2017 from 2.00pm to 3.00pm. As part of the celebration the oath for International Yoga Day was taken by all the volunteers. A video on various Asanas of Yoga's was shown in all the classrooms. The video lasted for 30mints. It was a well informative session. Our 99 volunteers actively participated in the program. Mrs. Sony John (NSS P.O, BBCON) Mr. Jerin J (Staff Representative) coordinated the program. The program successfully ended at 3.00pm.

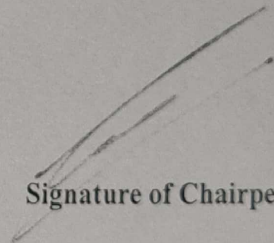


Report Prepared by NSS Program Officer  
Mrs. Sony John

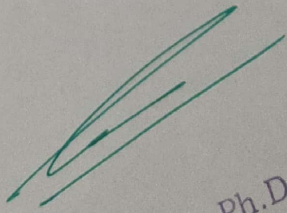
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Signature of Chairperson



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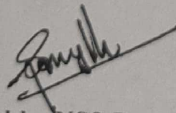
# International Yoga Day 21<sup>st</sup> June 2018

Theme: "YOGA FOR HARMONY & PEACE"

Time: 11.00 am – 01.00 pm

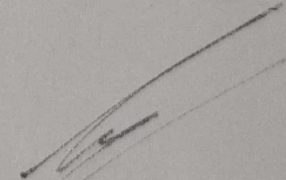
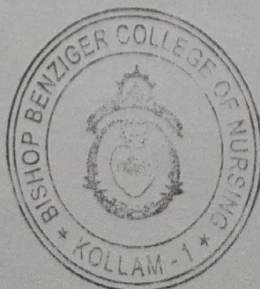
Venue: St. Joseph Hall, BBCON

Bishop Benziger College of Nursing observed International Yoga Day on 21.06.2018 from 11.00 am onwards. The programme was officially inaugurated by Prof. Dr. Anoop K R (Principal, BBCON). The chief guest of the programme was Dr. Soniya N C (Medical Officer, AYUSH, Thevally). She took an awareness class for students and staff members on importance of Yoga in day to day life, which was followed by a demonstration cum training session on various Asanas, Like "Vrikshasana, Bhujangasana and Kapalapathi" etc. It was an informative session for the 90 NSS volunteers and staff members who actively participated in the program. The program successfully ended at 4.00 pm.



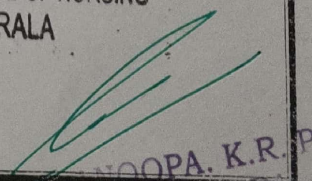
Report Prepared by NSS Program Officer  
Mrs. Sony John

**Programme Officer**  
**National Service Scheme**  
Bishop Benziger College of Nursing,  
Kollam



Signature of Chairperson

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DR. ANOOPA K.P. Ph.D.  
PRINCIPAL  
BISHOP BENOIGNO COLLEGE OF NURSING  
KOLLAM - 1





# NSS REPORT ON YOGIA DAY

## BISHOP BENZIGER COLLEGE OF NURSING

(Accredited by NAAC with B grade)

UNITED HEARTS  
academic  
impact



Bishop Benziger College of Nursing). Followed by that an awareness class on "Beat Plastic" was also given. Our 50 volunteers actively participated in the programme by cleaning the campus, class room and planting 25 saplings. Mrs. Sony John, NSS Programme Officer coordinated the programme. The programme successfully ended at 04 pm.



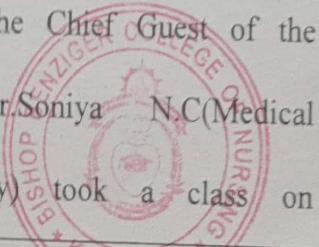
### International Yoga Day

09 21.06.2019

The International yoga day was organized on 24/06/2019 At 2pm. The programme was officially inaugurated by Dr. Anoop K.R (Principal, Bishop Benziger College of Nursing). The Chief Guest of the programme was Dr. Soniya N.C (Medical Officer, AYUSH, Thevally) took a class on

50

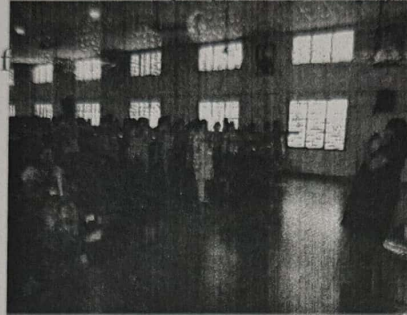
02hrs



Dr. ANOOPA. K.R. P.D (N)  
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importance of Yoga in day to day life followed by that she trained the students to perform various breathing techniques and Pranayama. It was a well-informative session. Our 50 volunteers actively participated in the programme. The programme successful



### School Health Programme

10 27.06.2019

The NSS Volunteers from Bishop Benziger College of nursing conducted school health programme in Thrikadavoor L.P School from 02pm to 04 pm on 27.06.2019 under the guidance of NSS Programme officer. The volunteers conducted various programmes for school children. There are as follows :

- 1) Puppet show: Topic –Importance of Breakfast for good health.
- 2) Role play :Topic- Personal Hygiene
- 3) Dance :Topic – Hand Hygiene
- 4) Video teaching – Good touch and bad touch

The NSS volunteers conducted health education about worm infestation, nutritional diets, ill effects of junk foods, influence of social media, refractive errors and importance of play. They also did health assessment for school students and teachers. The total number of 87 students attended the school health programme. Most of the problems identified for students in this programme were poor oral hygiene, vision

24

02hrs

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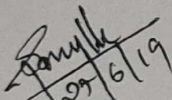
# REPORT OF YOGA DAY 2019

ബിഷപ്പ് ബെൻസിഗർ കോളേജ് ഓഫ് നഴ്സിംഗ്, കൊല്ലം

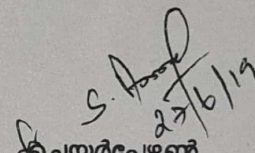
21 ജൂൺ 2019

അന്താരാഷ്ട്ര യോഗാ ദിനം

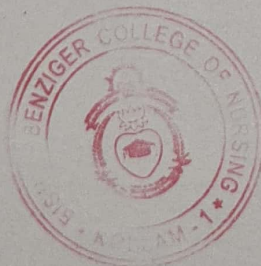
അന്താരാഷ്ട്ര യോഗദിനത്തോടനുബന്ധിച്ച് ബിഷപ്പ് ബെൻസിഗർ കോളേജ് ഓഫ് നഴ്സിംഗിന്റെ ഓഡിറ്റോറിയത്തിൽ വച്ച് എൻ. എസ്. എസ്. യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ യോഗാക്ലാസ്സ് നടത്തുകയുണ്ടായി. ഉച്ചയ്ക്ക് 2 മണിയ്ക്ക് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. അനൂപാ കെ. ആർ. പരിപാടികൾ ഔദ്യോഗികമായി ഉദ്ഘാടനം ചെയ്തു. പരിപാടിയിലെ മുഖ്യ അതിഥി ഡോ. സോണിയ എൻ. സി. (മെഡിക്കൽ ഓഫീസർ, ആയുഷ്, തേവള്ളി) യോഗയുടെ പ്രാധാന്യത്തെക്കുറിച്ചും വിവിധതരത്തിലുള്ള യോഗാസനങ്ങൾ, പ്രാണയാമ എന്നിവയെക്കുറിച്ച് ക്ലാസ്സ് എടുക്കുകയുണ്ടായി. കൂടാതെ യോഗപരിശീലനവും നൽകി. തദവസരത്തിൽ 50 വോളന്റിയർമാർ പങ്കെടുത്തു. ശ്രീമതി. സോണി ജോണിന്റെ (എൻ.എസ്.എസ്. ഓഫീസർ) നേതൃത്വത്തിൽ നടന്ന പരിപാടി വൈകിട്ട് 4 മണിയ്ക്ക് വിജയകരമായി പൂർത്തിയായി.

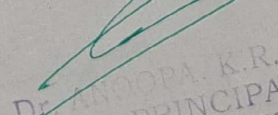
  
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**Programme Officer**  
**National Service Officer**  
National Service Scheme  
Bishop Benziger College of Nursing  
Kollam

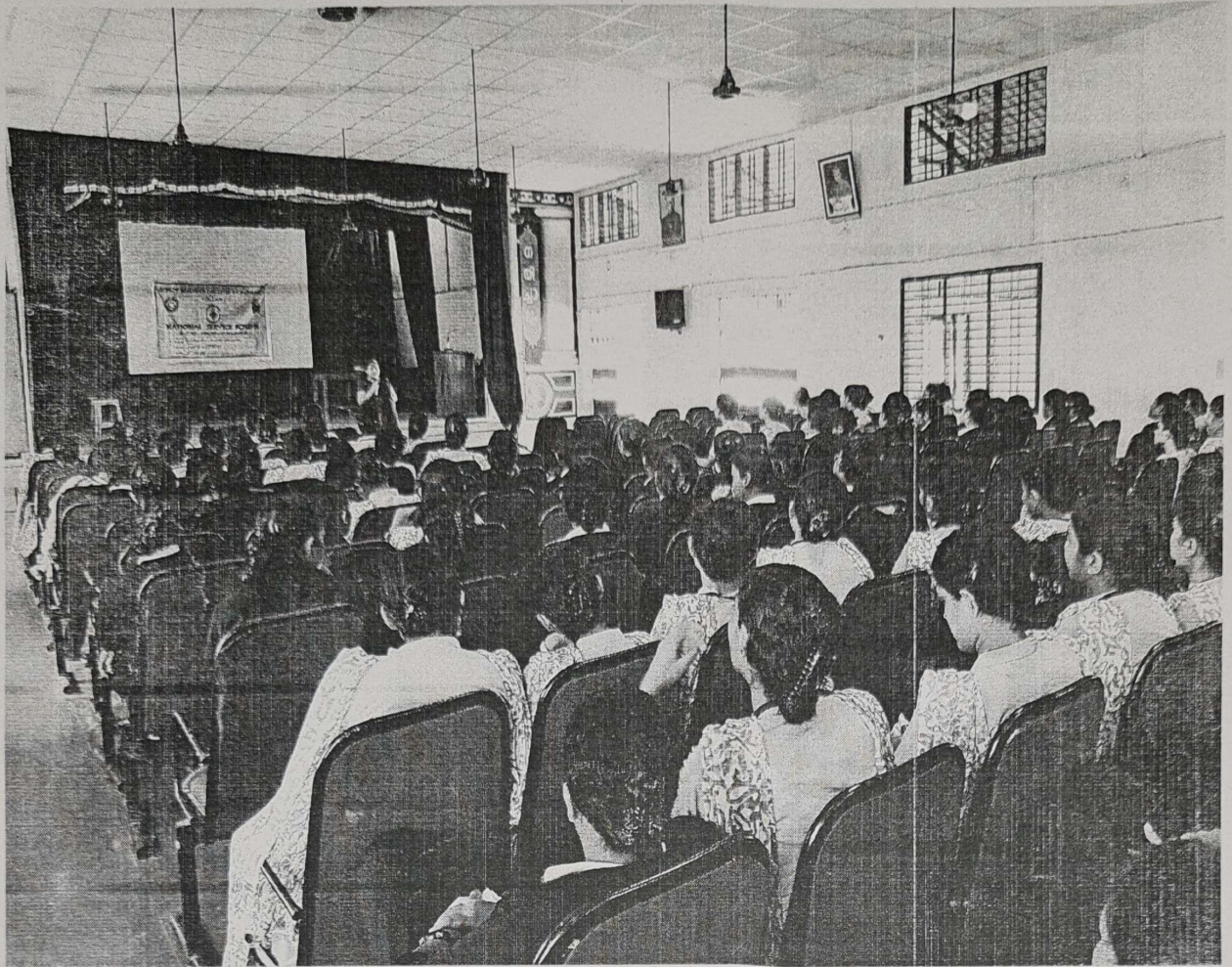
  
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B. Ph.D  
MUNICIPAL  
BISHOP BENZIGH  
DIRECTOR

# NSS REPORT OF YOGA DAY

## BISHOP BENZIGER COLLEGE OF NURSING

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19 Pandemic, the NSS volunteers observed the day by planting different saplings in the surroundings of their homes and prepared and uploaded a video in you tube to create awareness regarding importance of being responsible towards the society. The NSS programme officer uploaded PPT regarding Suchithwa Mission and Jal Shakti which was sent by KUHS NSS cell in Google class Room on 05/06/2020. As part of World Environmental Day total 25 saplings planted in our college campus . The programme successfully ended at 12pm.



21.06.2020

### INTERNATIONAL YOGA DAY

Time:7.00am

Due to the COVID-19 outbreak ,this year the Due to COVID-19 Pandemic International Yoga day

90

05



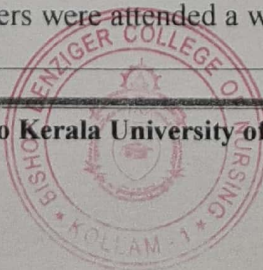
# BISHOP BENZIGER COLLEGE OF NURSING

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UNITED NATIONS  
academic  
impact

Sharing  
a Culture  
of Intellectual  
Social  
Responsibility

focus was on encouraging people to do yoga at their homes with participation of the entire family. This year, the celebration was centred around the theme "Yoga at Home, Yoga with family". The International Yoga Celebration started with the message from Prime Minister Narendra Modi which was telecasted by Doordarshan at 6.30 in the morning. After the Prime Minister's message a live demonstration of Yoga and discussion with the yoga expert were telecasted by Doordarshan from 7 am to 8 am. The NSS volunteers of Bishop Benziger college of nursing attended and practiced yoga on 21.06.2020 at their homes by watching and practicing the yoga which was telecasted via Doordarshan. The NSS unit of Bishop Benziger College of Nursing organized one hour live yoga session for two batches of volunteers via Zoom online platform under the proper guidance of a yoga trainer Ms.Susy on 21.06.2020 from 10 am to 11am and 03pm to 04pm. Total participants are 90 students. NSS Programme Officer and other faculties of college were also participated in this yoga sessions. The final year NSS volunteers were attended a webinar



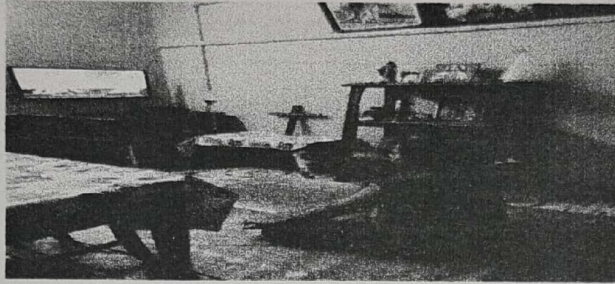
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# BISHOP BENZIGER COLLEGE OF NURSING

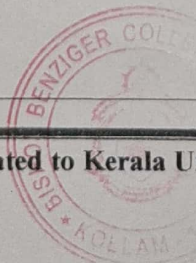
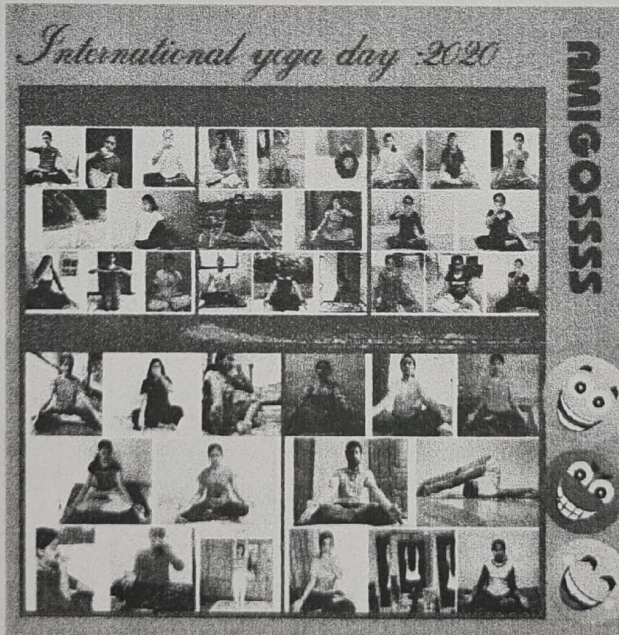
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organized by Eudoxia Research Centre,India on 21.06.2020.All participants got E- certificate through their mail.The yoga day poster was prepared by Alphonsa Thomas.(NSS Volunteer).



June 21 **YOGA DAY** 4th year Bsc Nursing



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