



BISHOP BENZIGER COLLEGE

OF NURSING

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Member of United Nations Academic Impact Program

Approved Research Centre of Kerala University of Health Sciences



5.1.2 - International Yoga Day Celebrations



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EXTENSION AND OUTREACH ACTIVITIES FROM 2016-2020

NSS

Sl.No.	Year	Date of activity	Name of extension activity	Organizing unit/agency	No.of students participated	No.of teachers participated
1	2016	Jan 26	Republic day- Health camp	NSS	50	4
2	2016	Mar 8	International women's day- Harvest festival in college vegetable garden	NSS	45	5
3	2016	April 7	World health day- Health awareness rally	NSS	90	4
4	2016	June 5	World environmental day- Health awareness class, planting saplings	NSS	198	10
5	2016	June 21	International yoga day- Health awareness class	NSS	90	10
6	2016	Aug 1-15	Swatch bharath celebration- rally	NSS	50	3
7	2016	Sep 24	World NSS day-orientation class	NSS	98	5
8	2016	Oct 1	Geriatric day - Health awareness class	NSS	45	3
9	2016	Nov 1-15	Swatch bharath Pakhwada celebration- rally	NSS	45	5
10	2016	Dec 1	World AIDS day- health camp	NSS	120	6
11	2017	Jan 26	Republic day- health camp	NSS	90	4
12	2017	Mar 8	International women's day- Health awareness class	NSS	45	5
13		May 24	Campus activity	NSS	90	3
14	2017	April 7	World health day- Health awareness class	NSS	90	4
15	2017	June 5	World	NSS	198	10



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			environmental day-planting saplings			
16	2017	June 21	International yoga day-video	NSS	99	2
17	2017	Sep 24	World NSS day-rally	NSS	98	5
18	2017	Oct 1	Geriatric day-Health awareness class	NSS	45	3
19	2017	Dec 1	World AIDS day-Health awareness class	NSS	120	6
20	2018	Jan 26	Republic day- rally	NSS	50	4
21	2018	Mar 8	International women's day	NSS	45	5
22	2018	April 7	World health day-rally	NSS	90	4
23	2018	June 21	International yoga day- Health awareness class	NSS	99	2
24	2018	Aug 31	Flood relief activities	NSS	25	5
25	2018	Sep 24	World NSS day-Health awareness class	NSS	70	5
26	2018	Oct 2	Gandhi Jayanthi-cleaning activities in campus	NSS	50	3
27	2018	Nov 5	Campus activity-vegetablecultivation	NSS	50	10
28	2018	Dec 16	Medical camp for 550 beneficiaries	NSS	20	4
29	2019	Jan 30	Tribute to freedom fighters	NSS	50	25
30	2019	Feb 8	BLS training	NSS	62	3
31	2019	Feb 23-25	Students parliamentary meeting	NSS	198	5
32	2019	Feb 24	International mother language day	NSS	50	25
33	2019	Mar 21	Celebration of Poshan Pakhwada	NSS	25	4



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KERALA UNIVERSITY OF HEALTH SCIENCE-NSS CELL
UNIT NUMBER: NSS/SFU/KLM/KUHS/01
BRIEF DETAILS OF NSS ACTIVITIES FROM APRIL 2019-AUGUST 2020

Sl.No	Date	NSS Activity	Place of Program Conducted	No of NSS Volunteers & Participants	No.of teachers participats
01	02.04.2019	World Autism Day-HE	Govt.CHC Thrikadavoor	22	01
02	06.04.2019	Prevention of Blindness Week-HE	Govt.CHC Thrikadavoor	55	03
03	07.04.2019	World Health Day HE & Role play	Govt.CHC Thrikadavoor	73	03
04	06.05.2019 & 07.05.2019	World Asthma Day-HE	Govt.PHC Sakthikulangara Anganwadi No:90, Neeravil	41	03
05	31.05.2019	World No Tobacco Day- Role Play	Govt.CHC Thrikadavoor	38	03
06	06.06.2019	World Environmental Day-planting saplings & Cleaning the campus	Bishop Benziger College of Nursing	50	08
07	21.06.2019	International Yoga Day- External Class	Bishop Benziger College of Nursing	50	02
08	27.06.2019	School Health Program	Thrikadavoor L.P School	111	02
09	01.07.2019 To 17.07.2019	Swachh Bharat Summer Internship Activities	Bishop Benziger Hospital Govt. Victoria Hospital	48	09
10	28.07.2019	District Collector Student Volunteer	District Collectorate Hall Kollam	02	05



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		Meeting			
11	01.08.2019 To 07.08.2019	Breast feeding week celebration- Rally,Role Play,Puppet show,poster competition and HE	CHC, Eravipuram Bishop Benziger College of Nursing Fatima Matha National College Kollam	248	18
12	24.08.2019	Palliative awareness program	District TB Centre	08	01
13	24.09.2019	NSS Day celebration	Bishop Benziger College of Nursing	50	03
14	02.10.2019	Gandhi Jayanthi -Rally	Gandhi Park	23	02
15	30.10.2019 To 02.11.2019	National Unity Day- pledge,Quiz	Bishop Benziger College of Nursing	50	04
16	01.11.2019	Clean Kollam- Rally,Tableau	Lal Bahadur Shastri Stadium	50	04
17	14.11.2019	World Diabetic Day- RadioTalk,HE,	Community Radio Benziger 107.8FM, Pallithottam,FCDP Tailor Unit	25	03
18	26.11.2019	National Constitution Day	Bishop Benziger College of Nursing	74	02
19	30.11.2019	Ek Bharat Shrestha Bharat	Bishop Benziger College of Nursing	50	01
20	02.12.2019	World AIDS Day	CHC,Eravipuram	12	02
22	03.02.2019	International Day of Persons with Disability	Community Radio Benziger 107.8 FM,CHC Eravipuram	08	04
23	05.02.2019	Well Chlorination- HE	Bishop Benziger College of Nursing	50	01
24	06.12.2019	NCD Camp	Eravipuram	62	02
25	14.12.2019	National Population Control Day	Palithottam	18	02



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26	06.01.2020	Medical Camp	Prakulum Church	38	07
27	15.01.2020	Anti-Narcotic Programme-Rally	Gov.Victoria Hospital	14	03
28	16.01.2020	National Road Safety Week - HE	Govt.CHC, Sakthikulangara	24	01
29	17.01.2020	Anti Narcotic Awareness Class	District Hospital-Role Play	18	01
30	18.01.2020	Fit India Movement-Cyclathon & Rally	Pallithottam	45	02
31	19/01/2020	Pulse Polio Immunization	Govt.PHC Sakthikulangara	21	07
32	26/01/2020	Republic Day	Bishop Benziger College of Nursing	60	3
33	31.01.2020	ANGEL Program	Kollam Beach	09	02
34	03.02.2020	Self Defence & Fire and Safety Class	Bishop Benziger College of Nursing	96	07
35	04.02.2020	Corona Virus Prevention Activities-HE	CHC, Thrikadavoor	20	01
36	05.02.2020	World cancer Day-HE	CHC, Thrikadavoor	64	03
37	05.02.2020	Corona Virus Prevention Activities-HE	CHC, Thrikadavoor	20	01
38	11.02.2020	Mental Health Week-Radio Talk	Community Radio Benziger 107.8 FM	03	01
39	12.02.2020	Corona Virus Prevention Activities-HE	Immunization Clinic-CHC Thrikadavoor	24	01
40	14.02.2020	Corona Virus Prevention Activities-SHP	L.P School Thrikadavoor	74	03
41	21.02.2020 To 24.02.2020	NSS Residential Camp	St.John's U.P School, Thirumullavaram	48	04
42	24.02.2020 To 25.02.2020	Residential Leadership Training	Govt.Medical College, Alappuzha	02	02



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		Programme			
43	28.02.2020	Safe Kollam-Pledge	Bishop Benziger College of Nursing	46	3
44	04.03.2020	National Safety Day	CHC, Eravipuram	16	01
45	09.03..2020	Women's Empowerment Day	Bishop Benziger College of Nursing	50	01

NSS Activity (LOCK DOWN PERIOD)

Sl.No	Date	NSS Activity	Online Platform	No of Participants or NSS Volunteers	No. of teachers participants
45	05.04.2020	COVID-19 Awareness	You Tube Video	32	01
46	12.04.2020	COVID-19 Awareness Video	You Tube Video	60	02
47	15.04.2020	COVID -19 Awareness Video	You Tube Video	48	01
48	05.05.2020	World Asthma Day-Video	You Tube Video	42	02
49	12.05.2020	International Nurse's Day -Video	You Tube Video	48	02
50	31.05.2020	World No Tobacco Day-Video	You Tube Video	20	01
51	05.06.2020	World Environmental Day-Video	You Tube Video	86	04
52	21.06.2020	International Yoga Day Yoga Training	You Tube Video, Zoom	90	05
53	21.06.2020	International Day against Drug Abuse and Illicit Trafficking-Symposium	Google Meet	48	02
54	03.07.2020	Impact of COVID-19 Among Elderly-Panel Discussion	Google Meet	48	01
55	29.07.2020	ORS Awareness Day-Video	You Tube Video	24	02
56	03.08.2020	Nutritional Demonstration Programme- Poster	Poster	48	03
57	07.08.2020	Persuit of Happiness	Zoom	90	01




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		in the Midst of COVID-19 Crisis- Webinar			
58	24.09.2020	NSS Day	You Tube Video	48	01
59	01.10.2020	International Day of Older Persons-Video	You Tube Video	48	01
60	02.10.2020	Gandhi Jayanti	You Tube Video	97	02
61	10.10.2020	Mental Health Day- Webinar,Poster Presentation,Quiz,HE- Video	You Tube Video,Zoom	97	02
62	13.10.2020	COVID-19 Pledge- Video	You Tube Video	97	01


Signature of principal

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





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EXTENSION AND OUTREACH ACTIVITIES FROM 2015-2020 MENTAL HEALTH DEPARTMENT

Sl.No.	Year	Date of activity	Name of extension activity	Organizing unit/agency	No.of students participated	No.of teachers participated
1	2018	Oct 7	Mental health day- Lecture cum discussion, radio talk, Health awareness class	MHN dept	48	2
2	2018	April 7	World health day- Health awareness class	MHN dept	48	2
3	2019	April 7	World health day- Health awareness class	MHN dept	48	2
	2020	Jan 17	World antabuse day- Role play, pledge	MHN dept	25	2
	2020	Jan 24	Anti narcotic awareness programme	MHN dept with Fathima matha national college, Kollam	44	3
	2020		Angel-An awareness programme against child abuse	MHN dept	9	1
	2020	Jan 31	Orientation about no food waste- CD played in projector	MHN dept with community health nursing dept	50	5
	2020	Feb 3-7	World children's mental health week- radio talk	MHN dept	2	3
	2020	Feb 14	Corona awareness programme- charts,posters,pamphl et	MHN dept	24	3



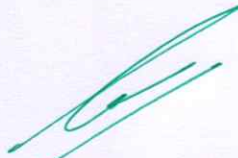
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2020	May 23	Mental health awareness week-panel discussion through zoom	MHN dept	85	6
2020	July 7	Webinar on aggression and crisis management of mentally ill	MHN dept	90	10
2020	Aug 4	Webinar on emotional intelligence : implications and relevance in health care professionals	MHN dept	550	24
2020	Oct 10	Mental health day- Webinar,radio talk, E poster, E quiz	MHN dept	48	3


Signature of Principal

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

