



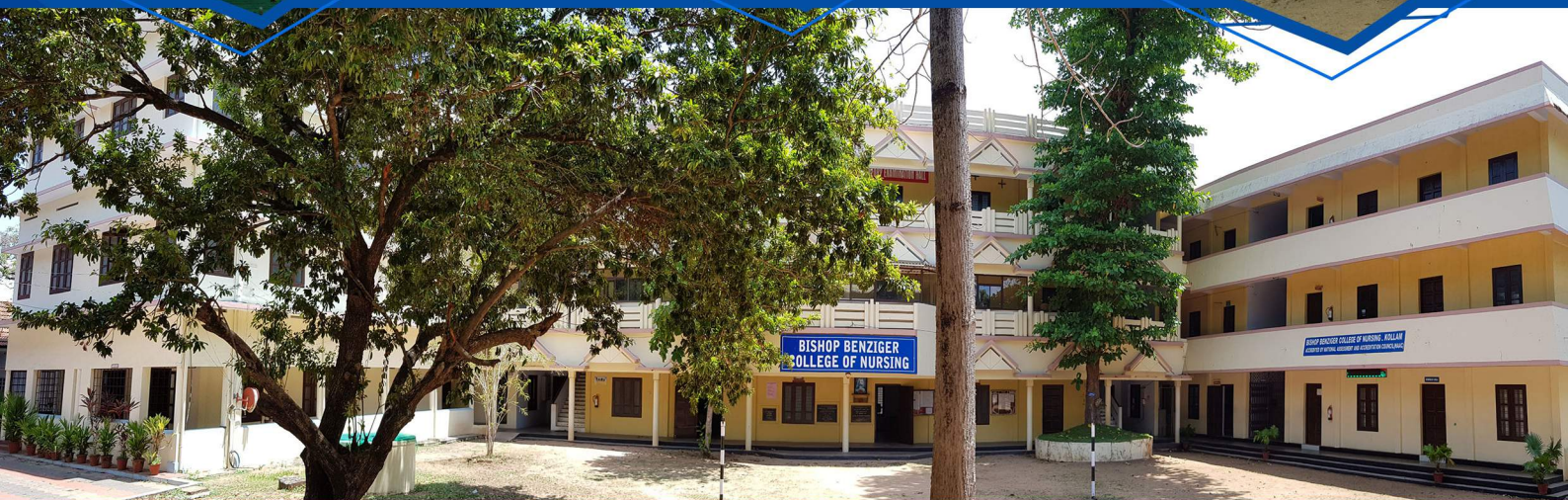
BISHOP ENZIGER COLLEGE

OF NURSING

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Approved Research Centre of Kerala University of Health Sciences

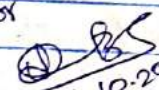


5.1.2 National and International Commemorative Days, Events and Festivals Celebration Report

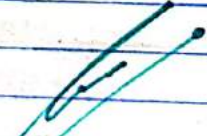
INTERNATIONAL DAY OF OLDER PERSONS

International Day for older persons is celebrated every year on 1st Oct. This day is observed to focus on the importance of senior citizens who sometimes are neglected in our society. This day emphasise on our responsibilities towards our elders in order to make their lives happy. The theme of this year is 'Pandemics': do they change how we address age up ageing. The aim of theme in 2020 is to appreciate the health care workforce in maintaining and improving health of older persons, with special attention towards the nursing profession. As a part of this day, we the NSS p. volunteers prepared a video based on theme, where students provided various preventive, curative services. The basic objective of this video is to provide separate specialized & comprehensive care to senior citizens. This video was posted on 1st Oct. 2020 and there was 16T news of still counting.

Youtube link - <https://youtu.be/42scBlqDg2M>

for

 1.10.2020

Signature of NSS
 PD


 Signature of
 Principal

DR. ANOOPA. K.R. PH.D (M)
 PRINCIPAL
 BISHOP BENZIGER COLLEGE OF NURSING
 KOLLAM - I, KERALA



Gandhi Jayantai 2020


The best way to find yourself is to lose yourself in the service of others - Mahatma Gandhi. Gandhi Jayanthi is an event celebrated to mark the birth anniversary of Mahatma Gandhi. This year was Gandhi's 151st birth anniversary. It is marked by prayer services & tributes all over India. NSS volunteers celebrated the day by cleaning the surroundings, segregating plastics and by reminding the public about famous quotes of Mahatma Gandhi. This video was posted on 2nd Oct. 2020 and there was 81 views and still counting. We thank our college, faculty, NSS unit & management - by giving us an opportunity to remind the society about Mahatma Gandhi & services he had done to us.

Youtube link: <https://youtu.be/BHj1FzfGaw>

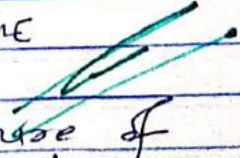
Mahatma Gandhi is known as father of nation and to remember his birthday Gandhi Jayanthi is celebrated on 2nd Oct every year. It is one of the national holidays. India celebrates 151st birth anniversary of Mahatma Gandhi this year. The NSS volunteer of BBION had created a video based on Gandhi Jayanthi as a tribute to great man who fought for our nation. It had been posted on Oct 2, 2020 there was 25 views and still counting. We are grateful to our NSS unit & all the faculties for giving us a wonderful opportunity for remembering greatness of Mahatma Gandhi.

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

Youtube link: <https://www.youtube.com/watch?v=Csd05cTkiE>

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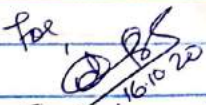



Signature of
Principal


REPORT ON WORLD FOOD DAY 2020

October 16 is celebrated as world food day. The goal is to grow, nourish, sustain together, our actions, our future. On October 16 there was an national & competition on world food day 2020 organized by NSS of Swami Vivekananda Subhash university, Meerut. In the two minute video challenge on theme 'Anna Devo bhava' Mrs Aisha Balaram from BB CON also participated actively. The video was very informative and filled with a good message. Food is the essence of life & bedrock of our cultures and communities. Preserving access to safe & nutritious food is & will continue to be an essential part of response to COVID 19 pandemic, particularly for poor & vulnerable communities, who are hit hardest by pandemic & resulting economic shocks in a moment like this, it is more important than ever to recognize need to support our food heroes - farmers & workers throughout the food system - who are making sure that food makes its way from farm to fork even amid disruptions as unprecedented as the recent COVID 19 crisis. The sanskrit word - Anna Devo Bhava means food is equal to God. Food for all. The food is given by God. Showing disrespect to god in such a way that wasting food is not a fair thing.

Link: <https://drive.google.com/file/d/UT9KTIKrU9Doo>

for

 Signature of NSS
 PO




 Signature of
 Principal


Dr. ANOOPA. K.R. Ph.D (M)
 PRINCIPAL,


BISHOP BENZIGER COLL. KOLLAM - 1, KERALA

NATIONAL CONSTITUTION DAY 2020

As part of the observance of National Constitution Day 2020, the NSS volunteers of BBCCN reading the Preamble of Constitution on 26.11.20 at 11 am and also prepared an awareness video about an awareness regarding Indian Constitution. All activities related to National Constitution Day are uploaded in college youtube site. The aim of this activity is to enhance the knowledge and information about Indian Constitution and to spread awareness on Fundamental Duties across the masses by mobilizing youth of this country.

Youtube links : Reading Preamble of constitution -
<https://youtu.be/54WxSu32G0>

For 
 Signature of
 NSS P.O

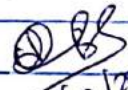

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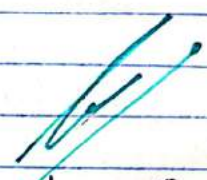
Dr. ANOOPA. K.R. Ph.D (N)
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 BISHOP BENZIGER COLLEGE OF NURSING
 KOLLAM - 1, KERALA

OBSERVANCE OF WORLD AIDS DAY 2020

The NSS volunteers of BBWON prepared an awareness video related to World AIDS day theme 2020: 'Ending HIV/AIDS Epidemic: Resilience and Impact'. The video is uploaded in college youtube site on 1/12/20. Total 48 NSS volunteers participated.

for 
1/12/20

Signature of NSS
P.O


Signature of
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KOLLAM - 1, KERALA



Report on " Gandhi Jayanthi - 2019 " on 02/10/2019

As part of 150th celebration of 'Gandhi Jayanthi', the NSS Volunteers (III Year B.Sc Nursing - 23 Students) of Bishop Benziger College of Nursing Kollam under the leadership of Mrs. Jyothi Lakshmi-J. (NSS, Programme officer) participated District level programme of Gandhi Jayanthi on 02/10/2019. The programmes include Gandhi Jayanthi Rally - which was flagged off by Mr. Abdul Nazim B, IAS (District Collector, Kollam). The Rally started from Railway Junction, Kollam to Gandhi Park at 7.30 am, on 02/10/2019. Followed by a meeting arranged in Gandhi Park for conveying the messages of Gandhi, took pledge & distributed mementos & books which were related to 'Gandhism' to all institutions participated in this function. All the NSS Volunteers participated with great enthusiasm and spirits. The programme ended at 9.15 am on 02/10/2019.

Signature of ^{Jyothi} Programme officer.

Signature of ~~Chair person~~

Programme Officer

National Service Scheme

Bishop Benziger College of Nursing

Kollam

Programme Officer

National Service Scheme

Bishop Benziger College of Nursing



REPORT ON RASHTRIYA EKTA DIWAS - 2019. (NATIONAL UNITY DAY)

As a part of the Rashtriya Ekta Diwas (National Unity Day) Celebration, the NSS unit of Bishop Benziger College of Nursing Kollam organized various programmes and events from 30-10-2019 to 02.11.2019.

The main objective of organising variety of programmes at this day is to promote national integration among youth of the India as well as maintain the unity and integrity of the country.

The following events were conducted with an active participation of NSS Volunteers of BBCON.

1. Pledge on Rashtriya Ekta Diwas
2. Quiz Competition
3. Rally by Students.
4. Essay writing Competition
5. Pencil drawing Competition.

The programme started with a brief introduction of Rashtriya Ekta Diwas (National Unity Day) by Mrs. Jyothi Lakshmi, J, NSS programme officer, Bishop Benziger College of Nursing. Followed by reciting the pledge of National Unity Day for all students and faculties in College assembly on 01/11/2019. All students & faculties recited the pledge with great zeal and enthusiasm.

The students organized an educational quiz programme for encouraging a team building process and harmony among students. Total 05 groups were participated in the Quiz Competition.

The NSS Volunteers had participated a rally organized by Municipal Corporation office, Kollam on 01/11/2019 under the "Clean Kollam - 2019" programme. Total 48 students from Bishop Benziger College of Nursing actively participated in the rally. The rally started from Assalam Maidan to Lal Bahadur Shastri Stadium, Kollam at 03 pm on 01/11/2019. The motto of the rally was to spread information to public about the proper disposal of waste and save the nature. The students used various types of models, placards and posters to convey the messages to public.

At the end of the rally, the students also conducted a tableaue based on the theme of "Save Our Nature and Save our Earth" in Lal Bahadur Shastri Stadium, Kollam on 01/11/2019 and also got prize from Municipal Corporation office, Kollam for their active participation and motivational message to "Clean Kollam and Safe Kollam" programme.

As part of National Unity Day 2019 all faculties of Bishop Benziger College of Nursing done the online integrity pledge of Central Vigilance Commission, Government of India.

At the end of the celebration of National Unity Day, the NSS unit of BBRON conducted an essay writing competition and pencil drawing competition based on the topic "Role of a student in the integration of India" and "National Unity". Total 10 students participated in essay writing competition and 07 students in pencil drawing competition. The two best entries of essay

cutting and pencil drawing were chosen for giving prizes. The celebration of National Unity day ended on 01/11/2019 with great enthusiasm.

[Signature]
Signature of
NSS Programme officer.

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

[Signature]
Signature of Principal.

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



Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

REPORT OF NATIONAL CONSTITUTION DAY - 2019

Venu: Bishop Benziger College of Nursing

Date: 26.11.2019.

The NSS unit of Bishop Benziger College of Nursing observed "National Constitution Day" on 26/11/2019 by taking an oath on Preamble in College Assembly at 10 am. All students, teaching and non teaching faculties (79 Nos) attended the same. An awareness class was also organized based on "Indian Constitution" for students from 12 pm to 1 pm, at Seminar Hall at Bishop Benziger College of Nursing on 26/11/19 by Mrs. Jyothilakshmi, NSS programme officer, Bishop Benziger College of Nursing. Total 74 students attended the same. It was a new initiative for the students. It helped the students for reinforcing the significance and importance of the Constitution. Overall it was worthwhile for students. Report and photos send to NSS Cell of KHS on 26/11/19.

Jyothilakshmi
27/11/19.
Signature of NSS -
Programme Officer.

Jyothilakshmi
27/11/19
Signature of Principal


Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

KOLLAM - 1, KERALA
BISHOP BENZIGER COLLEGE OF NURSING
PRINCIPAL
DR. ANOOPA, M.R., Ph.D (M)



REPORT ON ACTIVITIES OF EK BHARAT SHRESHTA
BHARAT 2019.

As part of introducing 'EK Bharat Shreshtha Bharat' programme Mrs Anulekshmi BS, Nursing Tutor, Bishop Benziger college of Nursing gave an awareness class about this programme & conducted a class about geography of Himachal Pradesh (Parang state of Kerala) for 50 NSS volunteers of BBCON. With the help of powerpoint and videos, provided information related to the customs, culture & tourism of Himachal Pradesh to NSS volunteers. This programme was conducted from 12pm - 1.30 pm on 30.11.19 at BBCON

for


Signature of NSS Programme
Officer


Signature of
Principal

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam



Dr. ANOOPA. K.R. Ph.D (N)
PRINCIPAL
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Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

REPORT ON WORLD AIDS DAY - 2019.

NSS volunteers of BBCON observed World AIDS day in collaboration with Dept of Health, Kollam. Various activities were organized in related to it.

27.11.19 : A skit competition was organized at palliative conference hall, district hospital, Kollam based on this year's theme 'HIV PREVENTION / YOUTH VULNERABILITY'. Six students guided by one faculty participated in the competition.

30.11.19 : A candle light march was arranged at various areas like beach road, Kollam, KSRTC bus stand, Kollam & railway station Kollam from 6pm - 6:30 pm. 20 NSS volunteers guided by Ms S Anand. (Vice Principal, BBCON) attended the programme at railway station, Kollam. The campaign helped to create awareness among public regarding AIDS prevention.

The NSS volunteers (4 Nos) organized an health awareness class about AIDS/HIV - 2019 in Bishop Benziger Community Health Centre, Eerupuzham on 3.12.19. The class was mainly dealt with AIDS day theme in 2019, signs & symptoms, prevention & control of AIDS in people. Total 8 people attend the class. The class was very informative to public.


 Signature of NSS.
 Programme officer
Programme Officer
National Service Scheme
 Bishop Benziger College of Nursing
 Kollam




 Signature of Principal

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

REPORT ON INTERNATIONAL DAY OF PERSONS WITH DISABILITY

Date - 30/12/19

Venue - Community Radio Benziger 107.8 FM and Bishop Benziger Community Health centre, Egaripuzam.

'Words can hurt you, heal you and it can transform our soul.' December 3rd 2019 has been celebrated as 'International Day of Persons with Disability' all over the world. The stigma of Disability as 'people who are not able to do anything' is changing day by day.

Bishop Benziger college of Nursing had took the initiative to conduct a radio programme by joining with 'The voice of Nightingale FM radio BBON and community Radio Benziger 107.8 FM. Final year BSc nursing students were selected for this programme. Three of them (Ms Anny B Raju, Ms Insha Jose & Ms Reshma KS) for group discussion session and one student (Ms Soniya Benni) for live phone in programme on 3.12.19.

On 2nd Dec 2019 during group discussion session three students recorded together & discussed about definition of disability, theme of 2019, incidence rate, health & educational benefits etc. The group discussion was broadcasted on 3/12/19 at 8.15am - 8.30am & re broadcasted at 6.15pm - 6.30pm on same day. In the live phone in programme 'Kathodu Kathozam' from 1pm - 3pm Mrs Sonia Bennigan attend this session with a support from Co. RJ & gave an awareness to public about importance of international day of persons with disability & also shared the experience of disabled persons in their society and gave motivational talk to them. Callers were encouraged to talk about their point of view to empower the persons with disability.

Nursing tutor from Dept. of community Health Nursing Mrs Jyotulekshmi had given instructions & proper guidance about the content to be discussed in this programme.

Four disabled people were at the live phone in programme caller's list. Altogether the radio programme had seek the attention of public & made out stigma of Disability as ability of an individual to express his/her talents. The callers were given inspiration like being disabled is undoubtedly a physical restriction but being self satisfied is much more imp. for their success" is revealed through radio programme.

As a part of observance of International day of persons with disability the IV year BSc nursing students (4) from BBCON visited a house of physically disabled persons in Eerupuzam & understood real life difficulties he has facing in the society & also in his life. The students took a motivational class based on theme 2019. The future is Accessible to people in St Joseph Nagar, Eerupuzam.

International day of persons with disability was celebrated in its pure essence & may this day be narrated in golden alphabets in the history of BBCON

List of students participated

Group discussion

1. Ms Aney B Raju
2. Ms Jinsha Jose
3. Ms Reshma KS

Live Phone in programme

1. Ms Soniya Benidhan

Programme coordinator: Mrs Jothirajeswari J

Nursing Tutor

BBCON

Dr. ANOOPA K.R. Ph.D (M)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
HCP, ANN-1, KERALA

Signature of NSS programme officer

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing



Signature of Principal

Report on National Pollution Control Day-2019

As part of observance of National Pollution Control Day - 2019, the 08 numbers of NSS Volunteers from first year B.Sc Nursing conducted a health awareness class about the various types of pollutions and how will be controlled it with the support of community. The class was conducted on 14/12/2019 in Century Nagal at Pallithottam, Kollam. Total 10 people attended the class and share their environmental pollution problems in their areas with students. The programme started at 10.30am and ended with 11.30am.

Signature of
NSS Programme Officer

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Signature of Principal

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



Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

REPORT ON INTERNATIONAL NURSES DAY CELEBRATION - 2020 (12/05/2020)

Every year international nurses day was celebrated on May 12 with regards of Florence Nightingale's birth anniversary. This year also during drastic effects of covid-19 pandemic we had celebrated nurse's day with limited facilities. For 2020, theme chosen for international nurses day is Nursing the world to health. The WHO highlighted that Nurses are at forefront of fighting epidemic & pandemic. Without nurses and other health workers, the battle against outbreaks will not be won & world will not be able to achieve sustainable goals. On the basis of this view we the NSS volunteers of 3rd year BSc nursing had done a youtube video about the role played by nurse's in the society. All volunteers actively participated by sharing their ideas, views etc. All volunteers made their own contributions in video and it ended in a successful manner. Then it was uploaded in youtube channel. There were 308 views.

Youtube link: International nurses day tribute to all nurses, <https://youtu.be/06Bn5gJb2HC> nurses

for, *DBS*
12/5/20
Signature of
NSS Program Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam



12/5/20
Signature of
Principal

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

REPORT ON WORLD ENVIRONMENT DAY. 2020

World Environment Day is observed every year on June 5 to raise global awareness to take positive environmental action to protect our nature of Earth. This year, the theme chosen for environment day is 'Time for Nature'. As a part of it, on June 5, NSS volunteers of third year BSc & BB CON had done a Youtube video and poster based on it. All the students actively participated in it. The video was organized to give an awareness to the society about saving the nature by planting the sapling and shared their contributions in video and made it in a successful manner. We uploaded video in Youtube channel and uploaded poster in social medias. We got positive reviews and it encouraged us a lot in doing such activities in dedicated manner.

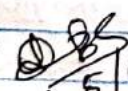
YouTube link : <https://youtu.be/WCB4WAVOv6K>
World environmental day

Time : 12 N

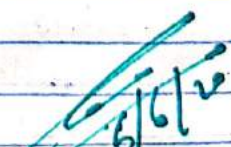
As part of world environmental day NSS volunteers of IV yr BSc nursing, BB CON prepared and circulated a video on world environmental day on 5.6.20 the content of video include conserving forest, stop pollutions, saving water and saving energy for our future. The duration of video is 4 min 20 second. Around 45 NSS volunteers and 8 faculty of BB CON actively participated in video by planting a sapling at their homes. The volunteers uploaded video in Youtube channel.

Link - <https://youtu.be/wfY3T,USA>

The NSS unit of BBCCN observed World environmental day 2020 on 5/6/20 in college campus under guidelines and protocol of prevention of Covid 19. The programme was officially inaugurated by distributing a saplings to Mr Solomon D (A.O, BBCCN) by Mr Prof Anand S (Vice panupal, BBCCN) at 10 am on 5/6/20. The theme for world environmental day 2020 was celebrate biodiversity and slogan was its time for nature. In our college all teaching and non teaching faculty actively participated in planting various types of saplings in college campus for promoting awareness regarding save our environment. Due to covid 19 Pandemic, the NSS volunteers observed day by planting different saplings in surroundings of their homes and prepared & uploaded a video in youtube to create awareness regarding importance of being responsible towards society. The NSS PO uploaded PPT regarding Suchitara Mission and Jal shakti which was sent by KUTS NSS cell in Google class room on 5/6/20. As part of world environmental day 25 saplings planted in our college campus. The programme was successfully ended at 12pm.

for, 
 Signature of
 NSS P.O.
 Programme Officer
 National Service Scheme
 Bishop Benziger College of Nursing
 Kollam





 Signature of
 Panupal

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

INTERNATIONAL YOGA DAY

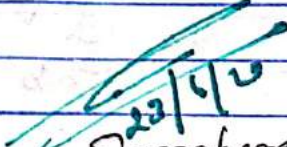
- 21.6.2020

Due to COVID 19 outbreak, this year International yoga day focus on encouraging people to do yoga at their homes. with participation of entire family. This year celebration was centred around theme 'Yoga at Home, Yoga with family'. The international yoga celebration started with message from Prime minister Narendra Modi which was telecasted by Doordarshan at 6:30 in morning. After Prime minister's message a live demonstration of yoga and discussion with yoga expert were telecasted by Doordarshan from 7am-8am. The NSS volunteers of BBWNT attended and practiced yoga on 21.6.20 at their homes by watching and practicing the yoga which was telecasted via Doordarshan. The NSS unit of BBWNT organized the live yoga session for 2 batches of volunteers via zoom online platform under proper guidance of yoga trainer Ms Susi on 21.6.20 from 10 am - 11 am & 3-4 pm. Total participants were 90. NSS PO and other faculty members of college were also participated in the yoga sessions. The final year NSS volunteers were attended a webinar organized by Sudarig Research centre, India on 21.06.20. All participants got E-certificate through their mail.

For, 
22/6/20

Signature of
NSS P.O. Officer
Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
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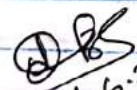



23/6/20
Signature of
Principal

Dr. ANOOPA. K.R. Ph.D (N)
PRINCIPAL
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KOLLAM - 1, KERALA

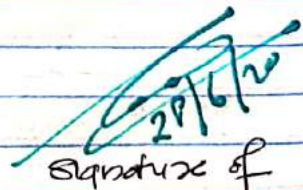
INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

As a part of observance of International day against drug abuse, final year NSS volunteers organized and conducted a symposium on Better knowledge for better care on 26.6.20. The symposium was conducted at 11.30 am on 26.6.20 via Google meet online platform under guidance and support of faculty members. The symposium started with an inaugural address by Dr Anoop K R, Principal, BBION, Kollam and introductory speech was Mr Thajudeen Kutty J (Asst. Excise commissioner, Kollam) and guest speaker in this symposium was Mr Jayaraj P K C O of excise, Althungal, Paravandam. Around 92 participants attended symposium. The other speakers in symposium were Ms Jismidiqu, Mrs Sona Benny, Ms Seeletshree Parakash and Ms Jithy Jose (NSS volunteers). The aim of this symposium was to disseminate the impact of substance abuse in health status of human beings. The programme concluded at 1.30 pm on 26.6.20

for, 
26.6.20

Signature of
NSS Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam



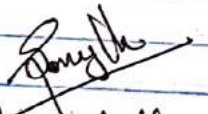

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Dr. ANOOPA. K.R. Ph.D (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
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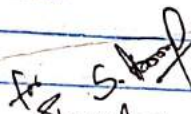
JANUARY 26th 2018
THE REPUBLIC DAY

Republic day was celebrated on 26th January 2017. As part of the programme a one day activity was conducted at ABHAYAM, Erampuram, Kollam - A home for Orphans.

The one day activity was officially inaugurated by Prof. Anoop. K.R. (Principal, BBCon) at 10^{am}. There were total 45 inmates at Abhayam poor home. The volunteers were divided into different groups and were involved in the different activities like, health checkup, health awareness talk and general entertainment activities etc. A total 25 volunteers actively participated in the activity. Later the volunteers handed over the contribution to the chief incharge of Abhayam. Mrs. Benmatha V.P. (HOD, Med. Surg Dept.) Mrs. Sheela C. (HOD, Community Dept.) Mrs. Betty (HOD, C.H.N Dept.) Mrs. Angelina (HOD, OBG Dept.) Ms. Anitha Thomas (HOD, Med. Surg) were the faculty co-ordinators. The programme successfully ended at 2.30.


Signature of the
Programme Officer
Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

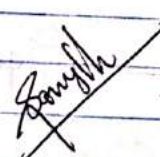



Signature of the
Chairperson.
Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

APRIL 7th 2018
THE WORLD HEALTH DAY

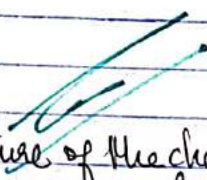
THEME :- Universal Health Coverage : Every one, Everywhere

Observation of World Health day was done on 7th April 2018. At 8am the programme was officially inaugurated by Prof. Anand.S (Vice-Principal, BBW). As part of the World Health day a health awareness rally was conducted by N^{SS} volunteers. Our N^{SS} volunteers attended the rally from Chinnakkada Bridge to BBH, Kollam. The rally ended at 9am. After the rally a short class was taken by Dr. Sujay (Interventional, cardiologist, BBH). Followed by the class a health awareness talk was given by our N^{SS} volunteers to the public. After the session refreshment was arranged and the programme ended at 10:30am.


Signature of the
Programme officer.

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam




Signature of the chair-
person

Prof. ANOOPA K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

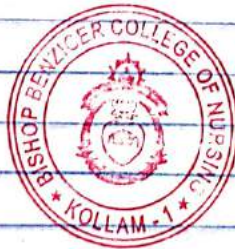
JUNE 13th 2018
WORLD ENVIRONMENT DAY

THEME:- "BEAT PLASTIC POLLUTION"

World Environment Day was organized on 13/06/18. At 10:30 AM the program was officially inaugurated by planting the saplings in the college campus by ~~Dr.~~ Dr. Anoop K.R (Principal, BBCon) Prof. Anoop S.R (Vice-principal, BBCon) and Mr. Solomon (Administrative officer, BBCon). Our 110 NSS volunteers actively participated in the program by cleaning the campus garden and planting the saplings. They also conducted a panel discussion on World Environment Day 2018. Mrs. Sony John (NSS Program officer, BBCon Unit) coordinated the program. The program successfully ended at 4 PM.

[Signature]
Signature of the
Program officer.

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam



[Signature]
Signature of the
Chairperson.

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

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

21st JUNE 2018
INTERNATIONAL YOGA DAY

THEME :- "YOGA FOR HARMONY & PEACE"

Time - 2 PM - 4 PM

Venue - St. Joseph Hall, BBCon

The International Yoga Day was organized on 20/6/18. At 2 PM the program was officially inaugurated by Dr. Anoop K.R (Principal, BBCon). The chief guest of the program was Dr. Soniya N.C (Medical officer, AYUSH, Thevally). She took a class on yoga importance of yoga in day-to-day life; including followed by that she trained the students to perform various Asanas like Vrikshasana, Bhujangasana and Kapalabhati etc. It was a well informative session. Our 90 volunteers actively participated in the program. The program successfully ended at 4 PM.

Anoop K.R
21/6/18
Signature of Program officer

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Anoop K.R
Signature of chairperson

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



Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

DECEMBER 1ST, 2016

THE WORLD AIDS DAY

The World AIDS day celebration was conducted from 10TH December 2016. As part of the programme we conducted a one day HEALTH CAMP.

VENUE :- Library hall, fisherman Society, Vady, Kollam

AIMS OF THE CAMP

- * Hb. Estimation (Anemia)
- * Blood pressure Estimation
- * Nutritional assessment
- * Health education.

The Camp was officially inaugurated by Prof. Anoop K. R (Principal, BBCon) at 9.30^{am}. There are total 140 members attended the Camp. The volunteers are divided into different groups and involved in the different activities like nutritional assessment, anemia estimation, blood pressure estimation and health awareness classes etc. Twenty number of NSS volunteers are actively participated in the camp. Mrs. Sony John (NSS P.O, BBCon) & Mr. Geni. I (NSS, Representative BBCon) are co-ordinating the camp. Community health nursing and Medical and Surgical Nursing department faculties such as, Mrs. Feby Fulger.

and Mr. Prince Christopher was participated in the camp. After the health checkup our NSS volunteers gave a health awareness class to the public. (Topic:- Personal and environmental hygiene, how to manage prevent and control diabetes etc.).

The one day health Camp (Winter camp) ended at 1 P.M. Successfully

Sony John
23/1/17
Signature of the
NSS. P.O
(MRS. Sony John)

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

[Signature]
Signature of the
Chair person.

Prof. [Name] (N)
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM



JANUARY 26th 2017
THE REPUBLIC DAY.

The Republic day celebration was conducted from 26th January 2017. As part of the programme we conducted a one day health camp from Balikamandiram (E-81, South Zone) Kollam.

AIMS OF THE CAMP

- * To make a rehabilitation programme that helps childrens with health problems to be more active in the school.
- * To identify any health problems.
- * To promote the health awareness regarding hygiene.

ONE DAY ACTIVITIES

- We conducted detailed health checkup and also provided medicines and Vitamin supplements for childrens.
- checked the nutritional assessment
- Health awareness class was taken by NSS volunteers regarding Personal and menstrual hygiene (for girls)
- Health awareness programme (puppet show)

There are total 90 childrens in Bababhanam and Balokamandham. The camp is officially inaugurated by Prof. Anoop K.R Principal, BBION at 10 am. The volunteers are divided into different group and involved in different activities. The health checkup was completed by the help of Dr. Sarasu Philip. Twenty four member of NSS volunteers actively participated in the camp. Mrs. Sony John (NSS P.O, BBION) Mr. Teru (Staff representative, BBION) was co-ordinator of the camp. OBG, Medical and Surgical and Child health nursing department faculties was participated in the camp. After the camp a refreshment was arranged and the one day health camp was successfully ended at 1 pm.

Sony John
12/11/14
Signature of the
NSS P.O
(Mrs. Sony John)

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Prof. Anoop K.R.
Signature of the
Chairperson.

Prof. ANOOPA, K.R., M.Sc. (N)
Principal
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM

MARCH 8th 2017

THE INTERNATIONAL WOMENS DAY

THEME :- BE BOLD FOR CHANGE

The Women's day celebration was conducted from 18th April 2017. As part of the programme we conducted a one day activity.

Venue:- S.S. Samithy, mayyanadu
Time:- 9 am - 4 pm

The programme was officially inaugurated by Mrs. Sheralida Panal (Social Work). After the inaugural session a short class was taken by Mr. Saju John (S.S. Samithy, Secretary). After the session our volunteers met the inmates and interacted with them. As part of the one day activity we visited the organic farm (Rehabilitation Centre, S.S. Samithy). After the visit refreshment was arranged. The Forty five numbers of volunteers actively participated the programme. Mrs. Somy John (N.S.S. PO, BB con), Mrs. Saphina Mary C (staff representative) was co-ordinated the programme. After the programme refreshment was arranged and the one day activity was successfully ended at 4 pm.

Somy John
12/5/17
Signature of the
N.S.S. P.O
(Mrs. Somy John)

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Anoop
Signature of the
'Chair person'

Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM, KERALA.

5th JUNE 2017

WORLD ENVIRONMENT DAY

THEME :- 'CONNECTING PEOPLE TO NATURE'

World Environmental Day was organized on 5/6/17. At 2 PM the program was officially inaugurated by planting the sapling in the college campus by Prof. Anoop K.R (BBCON, Principal) and Prof. Anand S (BBCON, vice-principal).

Our 100 volunteers actively participated in the program by cleaning the campus, garden and planting the saplings. Mrs. Sony John (NSS P.O, BBCON) coordinated the program. The program successfully ended at 3.00 pm.

Sony John
3/6/17
Signature of the
NSS P.O

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Anoop K.R.
Signature of the
chairperson.

Programme Officer
Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.



JUNE 21st - 2017

INTER NATIONAL YOGA DAY

THEME :- "YOGA HEALTH"

International Yoga Day was celebrated on 21/06/17 from 2.00^{PM} to 3.00^{PM} and the AS part of the celebration the Oath for International Yoga Day was taken by all the volunteers. A video on various Asanas of Yoga was shown in all the class rooms. The video lasts for 30 mts. It was a well informative session. All 9 volunteers actively participated in the programme. Mrs. Sony (N88, P.O, B Brown), Ms. Jena J (Staff representative) coordinated the program. The program successfully ended at 3PM.



Sony
28/6/17
Signature of the
N88 P.O.

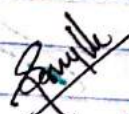
Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

[Signature]
Signature of the
Chief person.


Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

3rd OCTOBER 2018
GANDHI JAYANTHI

Observation of
Gandhi Jayanthi in our NSS Unit was done
celebrated by on 3-10-2018 at 2.30pm. The programme
was officially inaugurated by Dr. Anroopa.K.R (Principal
BBCON) - As a part of celebration a 'Green Audit'
was conducted in college. Our 50 volunteers
identified and discarded all plastic and non biodegra-
-dable articles from campus, and thus made the
campus a plastic free. The programme successfully
ended by 3.30pm.


Signature of the
Programme Officer
Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam




Signature of the
Chair Person
Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM - 1, KERALA

12th DECEMBER 2018
HUMAN RIGHTS DAY

Observation of Human Rights Day was done on 12th December 2018. The programme was officially inaugurated by Prof. Anand.S (Vice Principal, BBCON). As a part of Human Rights Day an oath was taken by Nss volunteers of BBCON and all faculty members at 11:00 am. The programme successfully ended by 11:30 am.

Signature of Programme Officer
12/12/18

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam



Signature of Chair Person

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

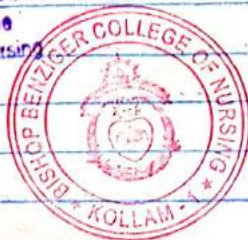
Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

30th JANUARY 2019
 TRIBUTE TO FREEDOM FIGHTERS.

As a part of remembrance of those who gave their lives in the struggle for India's freedom, a 2 minute observance of silence was done at our Nss unit on 30th January at 11:00 am. All Nss Volunteers (50 nos.) and all faculty members participated in the programme. The programme was co-ordinated by Mrs. Sony John (Nss po).

Signature of Programme Officer.

Programme Officer
 National Service Scheme
 Bishop Benziger College of Nursing
 Kollam

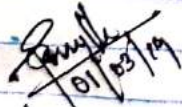


Signature of Chairperson.

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


21 FEBRUARY 2019
INTERNATIONAL MOTHER LANGUAGE DAY

As a part of observance of International Mother Language Day [IMLD] on 21 February Ms. Sony John [NSS PO, BBCon] received an oath to all faculty and NSS volunteers to promote awareness of linguistic and cultural diversity. All those whose mother tongue is Malayalam received the oath on the morning assembly.


Signature of the
Programme Officer

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam




Signature of the Chairperson

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

05 - JUNE - 2019
WORLD ENVIRONMENT DAY

THEME :- "AIR POLLUTION"

World Environment day was organized on 06/06/19 at 8am. The program was officially inaugurated by planting tree and distributing the saplings in the college campus by Dr. Anoop K.R (Principal, BBCon). Followed by that an awareness class on "beat plastic" was also given. Our 50 volunteers actively participated in the program by cleaning the campus, classrooms and planting 25 saplings. Mrs. Sony John (NSS P.O, BBCon unit) coordinated the program. The program successfully ended at 1PM.

ലോക പരിസ്ഥിതി ദിനത്തോടു അനുബന്ധിച്ച്. ഹിന്ദുവ് ശൈൽസിഗർ കോളേജ് കോർട്ട് നടുവിലിന്റെ അങ്കണത്തിൽ വച്ച് രണ്ട് രണ്ട് രണ്ട് മുങ്ങിറ്റിന്റെ അരികുവൃത്തിൽ വൃത്തി ദൈനംദിനവും വിനാശവും രാവിലെ 9 മണിയ്ക്ക് കോളേജ് ഗവൺമെന്റിൽ ഡോ. അനൂപ്. കെ. അന്തർ നിർവഹിപ്പുകയുണ്ടായി. അതോടൊപ്പം തന്നെ പ്ലാസ്റ്റിക് റിഡുഷൻ ബോധവൽക്കരണ ക്ലാസും നടത്തി. കൂടുതൽ പരിസ്ഥിതി ദിനത്തിന്റെ അടിസ്ഥാനത്തിൽ പാലുശിനിക്കരണം തദ്ദേശത്തിന്റെ ഭാഗമായി വിദ്യാർത്ഥികൾ ക്യാമ്പസിൽ ശുചീകരണ പരിപാടികൾ നടത്തുക ഉണ്ടായി. തദ്ദേശത്തിൽ 50 രണ്ട് രണ്ട് രണ്ട് ലോക ന്യൂയർ ഓർ പാങ്കെടുത്തു. രണ്ട് രണ്ട് രണ്ട്. രാമിഗൻ ശ്രീമതി. സോണി

ജോണിന്റെ നേതൃത്വത്തിൽ നടന്ന പരിഷ്കൃത
തൊഴിൽ 4 മണിയ്ക്ക് വിജയകരമായി
പൂർത്തിയായി.

[Handwritten Signature]
10/06/19
Signature of the
Program officer.

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

[Handwritten Signature]
Signature of the
Chair person.

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



21 JUNE - 2019
INTERNATIONAL YOGA DAY

THEME :- YOGA FOR CLIMATE ACTION

Time :- 2^{PM} - 4^{PM}
Venue :- St. Joseph Hall, Auditorium.

The international Yoga day was organized on 21/6/19. At 2^{PM} the program was officially inaugurated by Dr. Anoop k.R (Principal, BSCON). The chief guest of the program was Dr. Soniya. ABC (Medical officer, AYUSH, Thuvally). She took a class on 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 program. The program successfully ended at 4^{PM}.

ഈ വർഷം അന്താരാഷ്ട്ര യോഗ ദിനം
അനുസ്മരണമായി ഹിന്ദു മതം സ്വീകരിച്ച കോളേജ്
ഓഫ് ന്യൂനശേഷി കുട്ടികൾക്കായി അധ്യാപനത്തിൽ വെച്ച്
എൻ. എസ്. എസ്. യൂണിറ്റിന്റെ അഭിമുഖ്യത്തിൽ
യോഗ ക്ലാസ് നടത്തുകയുണ്ടായി. ഉച്ചയ്ക്ക് 2 മണിയ്ക്ക്
കോളേജ് പ്രിൻസിപ്പൽ ഡോ. അനൂപ് ക.ആർ.
പരിപാടി ആരംഭിച്ചപ്പോൾ ഉദ്യോഗസ്ഥരുടെയും
പരിപാടിയിലെ മുഖ്യ അതിഥി, ഡോ. സോണി
ഐ.എൻ.സി. (മെഡിക്കൽ ഓഫീസർ, തൃവല്ലൂർ,
തേലച്ചേരി) യോഗയുടെ പ്രാധാന്യത്തെ കുറിച്ചും
ജീവിതത്തിലൂടെ യോഗാസനങ്ങൾ, പ്രാണാ-
ധാര എന്നിവയെ കുറിച്ച് ക്ലാസ് എടുക്കുകയുണ്ടായി.

കൂടുതൽ ലോഗോ നിശ്ചയിനവും നൽകി.
തിരുവനന്തപുരത്തിൽ 50 വേളൻറിയർ മാർ
പള്ളിയിൽ ശ്രീമതി. സോണി ജോണിൻ
(മെൻ. മെൻ. മെൻ. ദോമിസൻ) നേതൃത്വത്തിൽ
നമ്മെ പരിപാടി വൈകിട്ട് 4 മണിക്ക്
വിജയകരമായി പൂർത്തിയാക്കി.

Samy
Signature of the
Program officer

[Signature]
Signature of the
Chair person.

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam




DP
BISH

[Faint, mostly illegible handwritten text in Malayalam script, likely bleed-through from the reverse side of the page.]

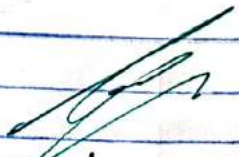
21st JUNE 2015

INTERNATIONAL YOGA DAY

The International Yoga Day was celebrated at BBCon on 20/6/15. As a part of the programme a class on Yoga was conducted by Dr. Soniya. C. (Medical officer, The Nature cure Hospital, Varkkela) in our college auditorium from 2.30^{PM} - 3.30^{PM}. There was also a demonstration session on various breathing and relaxation techniques like PRANAYAMA and KAPALABHATHA. 50 students and 3 teachers attended the class. Mrs. Sony (Programme officer BBCon NSS unit), and Mr. Anand (staff member BBCon NSS unit) co-ordinated the programme. After the class a refreshment was arranged and the programme ended at 4^{PM}.


Signature of the
Programme officer

Programme Officer,
National Service Scheme
Bishop Benerji College of Nursing
Kollam


Signature of the
Chair person.

Prof. ANOOPA, K.P., M.Sc. (D)
PRINCIPAL
BISHOP BENERJI COLLEGE OF NURSING
KOLLAM, K

JULY 01 - 07 2015

VANAMAHOTSAVA WEEK.

The Vanamahotsava week was celebrated at BBCon on 07/07/2015. As part of the programme planting of Saplings was done by NSS Volunteers BBCon at 2.30^{PM} - 3^{PM} which was followed by a class conducted by Mrs. Bhasure Chaudrachood (HOD, Child Health Nursing) in our college auditorium from 3^{PM} - 4^{PM}. Mrs. Sony John (Programme Officer, NSS Unit, BBCon) coordinated the programme. The programme was ended at 4.15^{PM}.

Sony
9/7/15
Signature of the
programme officer

Programme Officer
NSS Unit
Bishop Benziger College of Nursing
Kollam

Anoopa
9/7/15
Signature of the
Chair person

Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

AUGUST 1 - 8 2015

WORLD BREAST FEEDING WEEK

THEME :- "BREAST FEEDING AND WORK - LETS MAKE IT WORK"!

The world breast feeding week celebration was conducted from 1st August 2015 to 7th August 2015.

On 1/8/15: A health ^{awareness} rally was conducted from Bishop Benziger Community Health Centre Pallittoham to Bishop Benziger CHC Mundakkal. The rally was inaugurated by Prof. Anoppa I.R Principal BBCH. Our NSS volunteers were participated the rally. At 10^{am} the programme was officially inaugurated by ~~Ms~~ Dr. Sreekumari (Medical officer, BBCH, Mundakkal) at Mundakkal Angamwadi.

Also our NSS volunteers was conducted a health awareness programme (role play) on 4/8/15:- Essay writing competition and pencil drawing was conducted at Bishop Benziger college of Nursing at 2^{pm}.

On 5th August 2015:- Health Education programme was conducted at Bishop Benziger Hospital. At 2-3^{pm} poster presentation was held in Bishop Benziger college of Nursing on 6/8/15:-

Health education was done in Mundakkal health centre and a health talk in Radio Benziger was done by one NSS unit volunteers

On 7th August 2015:-

The valedictory function and prize distribution was conducted at college auditorium. Our NSS unit

Volunteers actively participated in all above mentioned activities and programmes. The programme ended at 4pm.

[Handwritten signature]

Signature of the programme officer

[Handwritten signature]

Signature of chairperson

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Prof. ANOOPA, V.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

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NOVEMBER 19 - 25th 2015

QUAMI. EKTA WEEK
(NATIONAL INTEGRATION WEEK)

NOVEMBER 19th observed as NATIONAL INTEGRATION DAY

NOVEMBER 20th observed as WELFARE OF MINORITIES DAY

NOVEMBER 21st observed as LINGUISTIC HARMONY DAY

NOVEMBER 22 observed as WEAKER SECTIONS DAY

NOVEMBER 23 observed as CULTURAL UNITY DAY

NOVEMBER 24 observed as WOMEN'S DAY

NOVEMBER 25 observed as CONSERVATION DAY / FLAG DAY

The Quami-Ekta Week Celebration was conducted from at Bishop Beuzeger college of Nursing on 25/11/15. As part of the programme a class on "National integration" was conducted by Mr. Prince Christopher (clinical instructor, BBCON) in our college seminar hall from 2^{pm} to 3^{pm}. Discussions were related to Conservation of atmosphere and India's role in maintaining green environment. National Flag and its purpose were also discussed. 90 Volunteers attended the class. Mrs. Sony (NBS P.O. BBCON) and Ms. Teren (Class Staff member, BBCON) co-ordinated the Programme. The Programme

Ended at 3.15.

~~Sauji~~
Signature of the P.O

~~[Signature]~~
Signature of the Chairperson.

DECEMBER 1st 2015
THE WORLD AIDS DAY

THEME :- "GETTING TO ZERO"
(Zero new HIV infections, Zero discrimination,
Zero AIDS related deaths)

The World AIDS day celebration was conducted from 1st December 2015. As part of the AIDS day a health awareness rally was conducted by Department of Medical Education. Our NSE volunteers attending the rally from Govt. JTA college Chandhana thope to Sarathy In Kollam. At 9 AM the programme was officially inaugurated by Dr. K. Salila (MBBS, DLO) District Medical officer at Govt. JTA college Chandhana thope. Our NSE volunteers are actively participated the rally. The rally ended at 12^N.

~~Sauji~~
Signature of the Programme officer.

~~[Signature]~~
Signature of the chairperson.

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Prof. ANOJA K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

JANUARY 26th 2016 THE REPUBLIC DAY

The Republic day celebration was conducted from 26th January 2016. As part of the programme we conducted a one day camp from Balikamandiram, Kollam.

Aims of the Camp

- To make a rehabilitation programme that helps childrens with health problems to be more active in the school.
- To identify any healths problems.
- To promote the health awareness regarding hygiene.

One day activities :

- We conducted detailed health checkup and also provided medicines and vitamin supplements for inmates.
- checked the nutritional assessment.
- Health education done by NSS volunteers regarding the Personal hygiene including menstrual hygiene for girls.

There are total 145 children in the Balabhavan and Balukramandram. The camp is officially inaugurated by Prof. Anoop K.R (Principal, Bishop Benziger college of Nursing) at 9.30. The volunteers are divided into different groups and involved in the different activities like, health checkup, nutritional assessment and health awareness talk etc. The health checkup was completed by the help of Dr. Sarasu Philip, MBBS. (Medical). Thirty numbers of NSS volunteers are actively participated in the health camp. Ms. Sony John (NSS - Programme officer, BBCon) and Mr. Terence are co-ordinated the camp. Also OBG, Community and CHN department faculties was participated in the camp. After the camp a refreshment was arranged and the one day camp successfully ended at 3.30 P.M.

~~Sauji~~
4/2/16
Signature of the NSS
Programme officer

~~Signature of the
Chairperson.~~

Programme Officer
Nursing Service Scheme
Bishop Benziger College of Nursing
Kollam

Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

MARCH 8th 2016

THE INTERNATIONAL WOMEN'S DAY

THEME :- "PLEDGE FOR PARITY"

The Women's day celebration was conducted from on 14th March 2016. Our NSS volunteers established a college vegetable garden. As part of the programme we conducted a harvest festival at our college vegetable garden which was at 3 PM. The programme was officially inaugurated by Prof. Anoop K.R. (Principal BBCon) in the presence of Mr. Shaji D. (Asst. Agricultural officer, BBCon), Mr. Solomon (Administrative officer, BBCon), Mrs. Anand S (Vice Principal, BBCon), Mrs. Sony John (NSS P.O, BBCon) and NSS volunteers (BBCon NSS Unit). The Mrs. Sony John (NSS P.O) co-ordinated the programme. The programme ended at 4 PM.

~~Sony~~
2/14/16
Signature of the
Programme Officer.

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

Signature of the
Chair person.

Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP-BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

APRIL 7th 2016

THE WORLD HEALTH DAY

THEME :- "BEAT DIABETES"

The World Health Day celebration was conducted from ~~from~~ on 7th April 2016. As part of the world health day a health awareness rally was conducted by Bishop Benziger Hospital. Our NSS volunteers attended the rally from BBH, Kollam to chinnekkada, Kollam. At 8am the programme was officially inaugurated by Asst. Commissioner of Police Mr. Santhosh. After the inaugural session a short class was taken by Dr. Anil Vijayakumar (Diabetologist, BBH, Kollam). Our NSS volunteers actively participated in the rally. The rally ended at 9.30am, followed by the rally a health awareness talk was given by our NSS volunteers to the public. The topic was "Prevention and management of diabetes". After the session a refreshment was arranged and the programme ended at 11am.

[Signature]
 Signature of the Programme Officer

Programme Officer
 National Service Scheme
 Bishop Benziger College of Nursing
 Kollam


[Signature]
 Signature of the In-charge Person

Prof. ANOOPA, K.R., M.Sc. (N)
 PRINCIPAL
 BISHOP BENZIGER COLLEGE OF NURSING
 KOLLAM-1, KERALA.

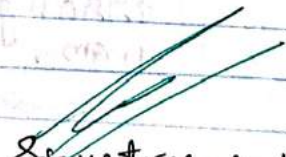
JUNE 5th - 2016
WORLD ENVIRONMENTAL DAY

THEME :- "FIGHT AGAINST THE ILLEGAL TRADE
IN WILDLIFE".

The Environmental day celebration was organized on 6th June 2016. At 2^{pm} the programme was officially inaugurated by planting the saplings in the college campus by Prof. Anoop K.R (Principal, BBCon). Followed by this, the pledge for Environmental day was recited by Mrs. Feby Fulgen (Nsg tutor, Community Health Nursing Department, BBCon). Our NSS volunteers actively participated in the programme by cleaning the campus and planting the sapplings. Mrs. Sony John (NBS, P.O, BBCon) co-ordinated the programme. The programme ended at 3^{pm}.


Signature of the
Programme Officer

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam


Signature of the
Chairperson.

Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
BISHOP BENZIGER COLLEGE OF NURSING
KOLLAM-1, KERALA.

JUNE 21st - 2016
INTERNATIONAL YOGA DAY

THEME :- "CONNECT THE YOUTH".

The Inter National Yoga day was celebrated on 21/06/2016 from 2.30^{PM} to 8.30^{PM} at Bishop Joseph Hall, Bishop Benziger College of Nursing. The programme was officially inaugurated by Prof. Anand.S (Vice principal, BBCon). The chief guest of the programme was Dr. Soniya. N.C (Former Medical officer, The Nature cure hospital, Varkkala). She took a class on yoga including the types of Asanas, Pranayama and Kapalabhati etc. It was a well informative session. Our NSS volunteers actively participated in the programme. Mrs. Sony Pohn (NSS. P.O, BBCon unit) and Mr. Jerin. J (Staff representative, BBCon) coordinated the programme. The programme successfully ended at 8.30^{PM}.

[Signature]
21/6/16
Signature of the
Programme officer

Programme Officer
National Service Scheme
Bishop Benziger College of Nursing
Kollam

[Signature]
Signature of the
Chairperson

Prof. ANOOPA, K.R., M.Sc. (N)
PRINCIPAL
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KOLLAM-1, KERALA.