



JUBILEE MISSION COLLEGE OF NURSING, THRISSUR

**JUBILEE MISSION HOSPITAL TRUST- Archdiocese of Trichur
(KUHS- QAS A Grade & NAAC Accredited)**

CRITERION 5 STUDENT SUPPORT AND PROGRESSION

5.1 Student Support

5.1.2. Yoga and Wellness



JUBILEE MISSION COLLEGE OF NURSING
JUBILEE MISSION HOSPITAL TRUST – ARCHDIOCESE OF THRISSUR
(KUHS - QAS 'A' Grade - NAAC Accredited)

Jubilee Gardens, P.B. No.737 Jubilee Mission P.O Thrissur East -680 005 Kerala S. India
Ph: 0487-2426709, 90 48 28 50 00, Fax: 0091-0487-2422157, E-mail:jmcontcr@gmail.com

Capability enhancement and development schemes

List of Yoga and wellness classes conducted 2022-23

SL.NO	TOPIC
1.	Yoga training
2.	International yoga day celebration



JUBILEE MISSION COLLEGE OF NURSING
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*Jubilee Gardens, P.B. No. 737, Jubilee Mission P.O.,
Thrissur East - 680 005, Kerala - S.India*

Ph: 0487 - 2426709, 90482 85 000, Fax: 0091-487-2422157, E-mail: jmcontcr@gmail.com

Date : 01.11.2022

To,

Mr.Mohanam M S (Retd Engineer)
Yoga Master
Modappilai House, Padukkad, Viyyur P.O.
Thrissur - 680010
Email:yogamohan123@gmail.com

Respected sir,

Sub: A request to conduct 23 hours of **Yoga session** for 2nd Semester B.Sc Nursing students (49) of Jubilee Mission College of Nursing from 15.11.2022 to 06.01.2023 on Tuesday to Saturday in a week.

Greetings !

We are happy to invite you to kindly conduct 23 hours **Yoga session** for 2nd Semester B.Sc Nursing students (49) of Jubilee Mission College of Nursing from 15.11.2022 to 06.01.2023 on Tuesday to Saturday in a week.

Duration : from 15.11.2022 to 06.01.2023

Days : Tuesday to Saturday

Time : 3.45 pm - 4.45 pm

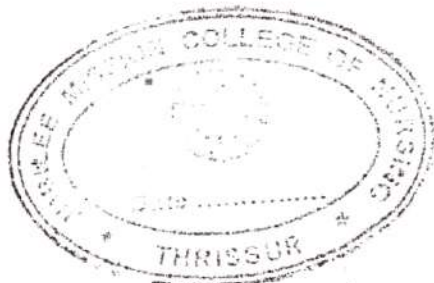
Per student pays 347 and 49 students pay total 17000 INR.

Kindly accept our invitation and do the needful

With regards

Angeles
Principal 1/11/22.

PRINCIPAL
Jubilee Mission College of Nursing
THRISSUR - 680 005



Service with Love

www.jubileemissionmedicalcollege.org

Tel. Hospital: 0487 - 2432200 (30 Lines), 2420361, 2421650, 2420136. Fax: 0091-487-2421864, E-mail: jubileemission@jmmc.ac.in

Office Supdt : 0487-2421885



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CIRCULAR

01.11.2022

Dear students,

“YOGA FOR HEALTHY LIVING”-ADD ON COURSE 2021-2022 commences on 15/11/2022.

Date:15.11.2022- 06.01.2023

Time: 3.45 pm-4.45 pm

Days: Tuesday to Friday

Venue: Bishop Alappat Auditorium

Trainer: Mr. Mohanan M S



Angelab
Principal 1/11/22.

PRINCIPAL
Jubilee Mission College of Nursing
THRISSUR - 680 005



JUBILEE MISSION COLLEGE OF NURSING

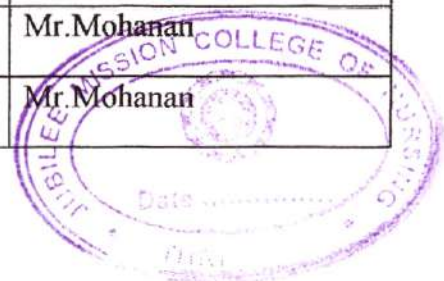
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II SEMESTER 2022-2023 ADD ON COURSE YOGA CLASS SCHEDULE

SL NO	Date	Day	Time	Faculty
1	15.11.2022	Tuesday	3.45-4.45pm	Mr.Mohanan
2	16.11.2022	Wednesday	3.45-4.45pm	Mr.Mohanan
3	17.11.2022	Thursday	3.45-4.45pm	Self Study
4	18.11.2022	Friday	3.45-4.45pm	Mr.Mohanan
5	19.11.2022	Saturday	3.45-4.45pm	Mr.Mohanan
6	22.11.2022	Tuesday	3.45-4.45pm	Mr.Mohanan
7	23.11.2022	Wednesday	3.45-4.45pm	Mr.Mohanan
8	24.11.2022	Thursday	3.45-4.45pm	Self Study
9	25.11.2022	Friday	3.45-4.45pm	Mr.Mohanan
10	26.11.2022	Saturday	3.45-4.45pm	Mr.Mohanan
11	29.11.2022	Tuesday	3.45-4.45pm	Mr.Mohanan
12	30.11.2022	Wednesday	3.45-4.45pm	Mr.Mohanan
13	01.12.2022	Thursday	3.45-4.45pm	Self Study
14	02.12.2022	Friday	3.45-4.45pm	Mr.Mohanan
15	03.12.2022	Saturday	3.45-4.45pm	Mr.Mohanan
16	06.12.2022	Tuesday	3.45-4.45pm	Mr.Mohanan
17	07.12.2022	Wednesday	3.45-4.45pm	Mr.Mohanan
18	08.12.2022	Thursday	3.45-4.45pm	Self Study
19	09.12.2022	Friday	3.45-4.45pm	Mr.Mohanan
20	13.12.2022	Tuesday	3.45-4.45pm	Mr.Mohanan






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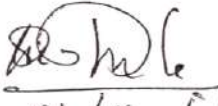
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21	14.12.2022	Wednesday	3.45-4.45pm	Self-Study
22	15.12.2022	Thursday	3.45-4.45pm	Mr. Mohanan
23	16.12.2022	Friday	3.45-4.45pm	Mr. Mohanan
24	17.12.2022	Saturday	3.45-4.45pm	Self-Study
25	20.12.2022	Tuesday	3.45-4.45pm	Mr. Mohanan
26	21.12.2022	Wednesday	3.45-4.45pm	Mr. Mohanan
27	22.12.2022	Thursday	3.45-4.45pm	Self-Study
28	04.01.2023	Wednesday	3.45-4.45pm	Examination
29	05.01.2023	Thursday	3.45-4.45pm	Examination
30	06.01.2023	Friday	3.45-4.45pm	Examination


01.11.2022
Signature of Yoga coordinator


01/11/22
Signature of HOD


Principal
11/11/22



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YOGA COURSE

01.11.1022

GENERAL INSTRUCTIONS 2021-2022

- There are total 30 hours of Yoga Class during an academic year . It Includes 20hrs of teaching ,7 hrs of self practice session, and 3 hrs of exam.
- Students should pay Rs 350 /- towards yoga class.
- The Yoga Master gives the topics on which self practice to be done.
- Self practice is supervised by the faculty in charge.
- The students who fail to meet the desirable attendance (80%) are not eligible for the certificate and course transcript.
- Proper communication related to the attendance with the faculty in charge /Principal is mandatory.
- Students should be on time for yoga.
- A yoga mat is mandatory for under going yoga training.



Angelab
Principal 11/11/22

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THRISSUR - 680 005



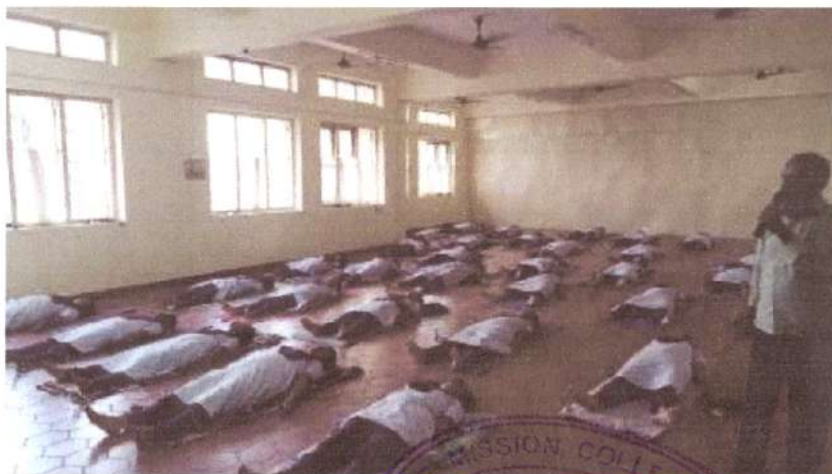
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13.12.2022

REPORT ON ADD-ON COURSE YOGA

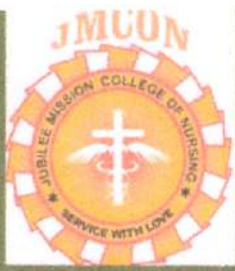
International yoga day celebration and inauguration of the Yoga course,2022 was conducted on June 21st at the Exam cell of Jubilee Mission College of Nursing. The classes commenced on 15th Nov 2022. Course duration is 30 hrs, in that 20hrs classes by the instructor- Mr.Mohanan M S(Yoga Master), 7 hrs of self-study, and 3 hrs of examination. The course will continue up to 06th Jan 2023. Total 49 students are attending the class.



Angelad
Principal 14/12/22

PRINCIPAL

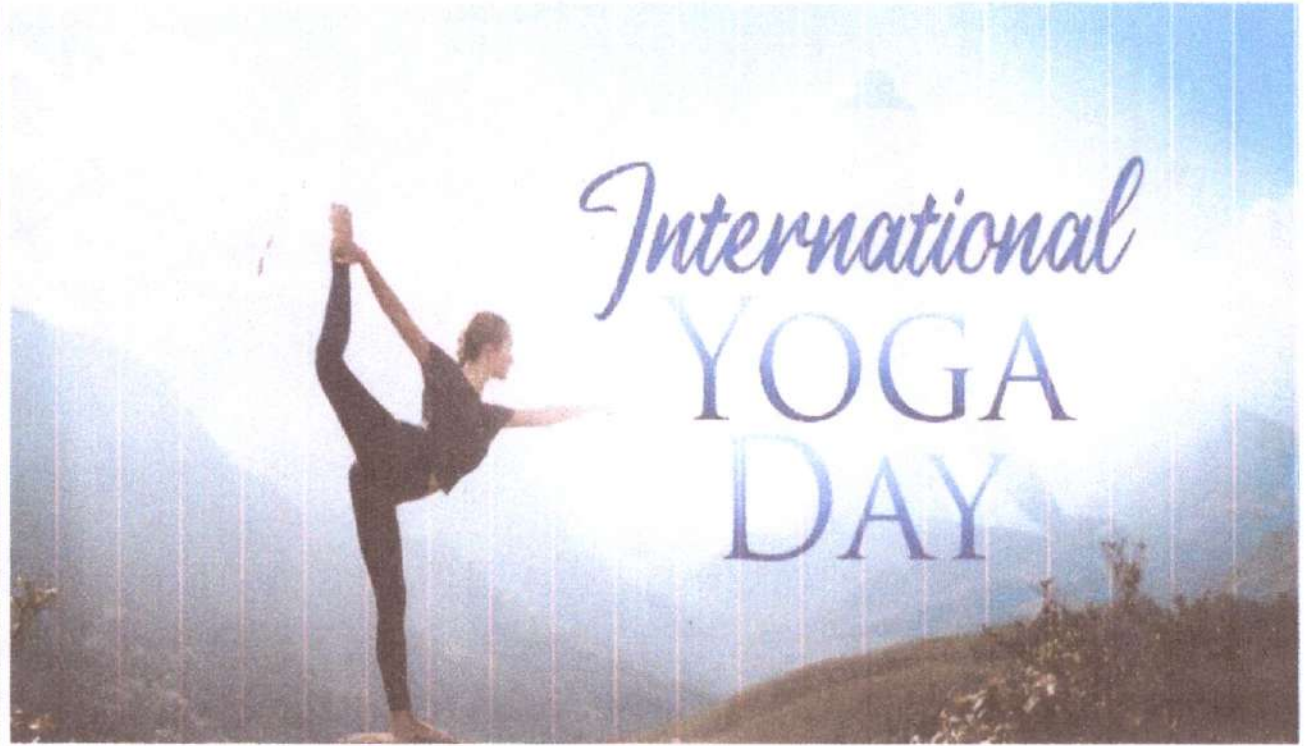
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THRISSUR - 680.005



INTERNATIONAL
YOGA DAY

Inauguration of yoga
course, 2022

Yoga for
wellbeing



Chief guest: Mohanan M S
Yoga Master, Gurubramha Yoga
centre



JUBILEE MISSION COLLEGE OF NURSING

DATE: 21.06.2022

TIME: 3.30 PM

PRINCIPAL
Jubilee Mission College of Nursing
THRISUR - 689 688
Angelab
21/6/22



JUBILEE MISSION COLLEGE OF NURSING

JUBILEE MISSION HOSPITAL TRUST – ARCHDIOCESE OF THRISSUR, Reg No: 167/IV/01,
Jubilee Gardens, P.B. No.737, Jubilee Mission P.O, Thrissur East -680 005, Kerala, S. India
Ph: 0487-2426709, 90 48 28 50 00, Fax: 0091-0487-2422157, E-mail: jmconctr@gmail.com

18/06/2022

To,

Mr.Mohanan MS

Yoga Master JMCON

Gurubramha Yoga Center

Thrissur

Respected sir,

Sub: Invitation to be the chief guest and to inaugurate the course on Yoga for Ist Semester B.Sc. Nursing students on International Yoga day.

Greetings!!

On behalf of Management, Faculty & students we are happy to invite you for the International Yoga day to be the chief guest and to inaugurate the Yoga course for I B.Sc. Nursing students

Date: 21/06/2022

Time: 3.30PM

Venue :Bishop Alappat auditorium, JMCON

and deliver inaugural message and theory sessions for the course.

Thanking you

With Warm Regards



Angelab
18/6/22
Dr Angela Gnanadurai

Principal
PRINCIPAL
Jubilee Mission College of Nursing
THRISSUR - 680 005



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International Yoga Day celebration,2022

Program list

Bishop Alappal-Auditorium

Date:21.06.2022

Time:3.30pm

Venue: Ist Semester Class Room

- Welcome : Akshaya, 1st Semester B.Sc.(N)
- Inauguration of add-on course and inaugural message : Mr.Mohanan M S Yoga master
- Video release : Ist Semester Bsc (N)
- Felicitation : Dr.Sr. Philo Reshmi, Vice Principal-Academic, JMCON
- Felicitation : Dr.Sr. Tresa Anto, Vice Principal-Clinical, JMCON
- Vote of thanks : Sreejesh 1st Semester Bsc(N)



Angelab
15/6/22
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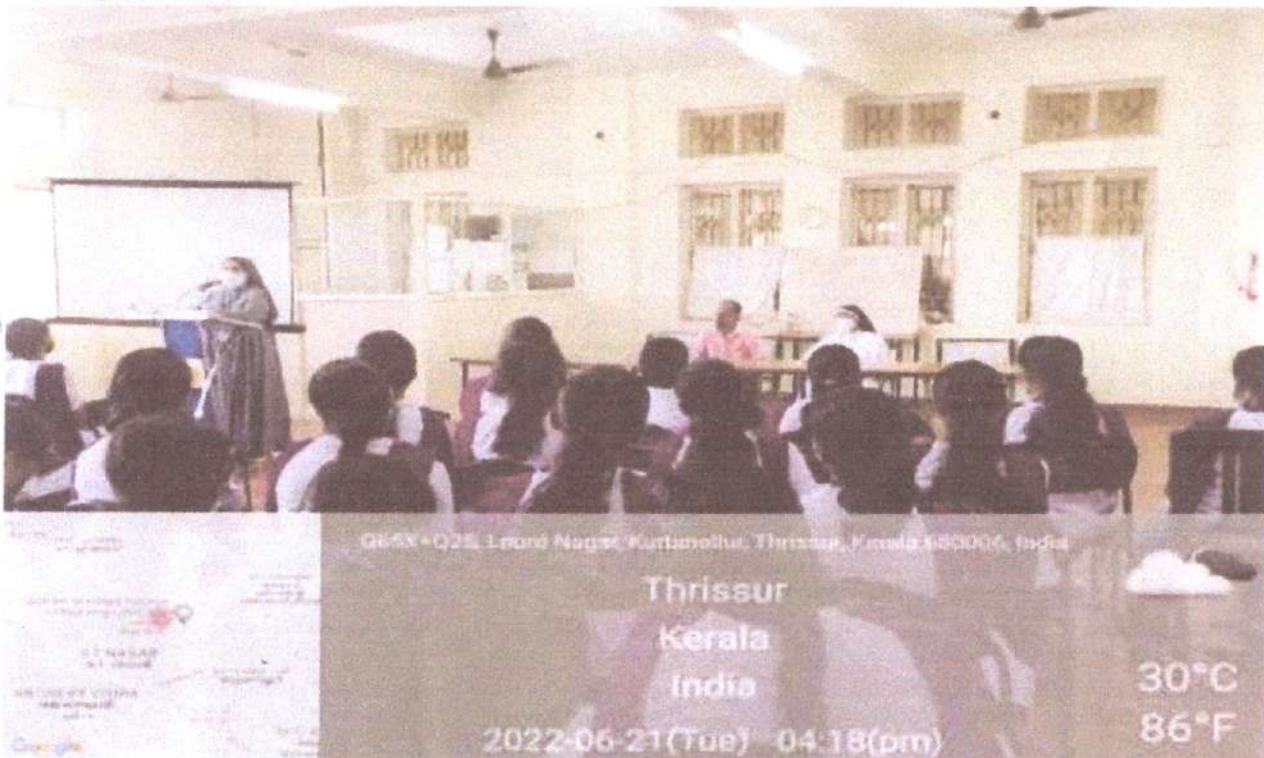
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25.7.2022

INTERNATIONAL YOGA DAY CELEBRATION & COURSE INAUGURATION 2022

International yoga day celebration and inauguration of yoga course,2022 was conducted on June 21st at Exam cell of Jubilee Mission College of Nursing. The program started at 3.30 pm with a Prayer Song by First-semester B.Sc. Nursing Students. At first, Mrs. Remya Ramchandran, the Yoga course coordinator, did a small briefing on the program. Mr. Mohanan M S, Yoga master of JMCON was the chief guest. Yoga day was planned, coordinated, and executed by 1st Semester B.Sc.(N) students with the guidance of the Yoga course coordinator. After the briefing on the program, Ms. Akshaya,1st Semester B.Sc. (N) student welcomed the gathering. Then our chief guest Mr. Mohanan M S, Yoga Master officially inaugurated the Yoga course, in 2022 and delivered a message on International Yoga Day. He briefed regarding the benefits of Yoga and his life experience.



Thereafter, Dr.Sr. Philo Resmi and Dr.Sr. Tresa Anto Felicitated the gathering. 1st Semester B.Sc. Nursing students played a video on yoga day theme 2022. The video was





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informative and incredible. It displayed different yoga postures assumed by students and finally explained the importance of yoga in our life. Our vice principals and yoga master were highly impressed by the video prepared by the students and they congratulated them. After felicitation, Mr. Sreejesh 1st Semester B.Sc.(N) student delivered vote of thanks. The program was concluded at 4:30 pm.



Signature of the Faculty

Angela

Principal

16/8/22

PRINCIPAL

Jubilee Mission College of Nursing

THRISSUR, 680 005

P.S: The lecture will continue in 2nd Sem I Bsc(N)



14th week 2022

AS
16/8/22