



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



Service With Love
**JUBILEE MISSION
COLLEGE OF NURSING**

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



**CAPABILITY ENHANCEMENT AND DEVELOPMENT
SCHEMES**

List of Yoga and Wellness sessions conducted in 2023-24

S.no	TOPIC
1	Yoga training
2	International Yoga day celebration



Date: 14/11/2023

To,
Mr. Mohanan M S (Rtd Engineer)
Modappilai (H)
Padukkad, Viyyur Po
Thrissur 680010
Email: yogamohan123@gmail.com

Respected sir,

Sub: A request to conduct 23 hours of **Yoga sessions** for 1st Semester B.Sc. Nursing students (60) of Jubilee Mission College of Nursing from 20.11.2023 to ~~19.01.2024~~ **07.02.2024**

Greeting,

We are happy to invite you to kindly conduct 23 23-hour **Yoga Session** for the 1st Semester B.Sc. Nursing Students (60) of Jubilee Mission College of Nursing from 20.11.2023 to ~~19.01.2024~~ **07.02.2024**

07.02.2024
Duration: from 20.11.2023 to ~~19.01.2024~~
Days: Monday, Wednesday, and Friday
Time: 4.00-5.00 pm
Venue: B block JMMC & RI, Exam Hall JMCON
Total fees for 60 students 20,000 INR
We shall request all the students to buy yoga mats.

Kindly accept our invitation and do the needful

With regards



Angela
Principal 15/11/23

PRINCIPAL
Jubilee Mission College of Nursing
THRISSUR - 680 005



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JUBILEE MISSION HOSPITAL TRUST – ARCHDIOCESE OF THRISSUR
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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

I SEMESTER 2023-2024

ADD ON COURSE

YOGA CLASS SCHEDULE

SL NO	Date	Day	Time	Venue	Yoga Instructor
1	20.11.2023	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
2	22.11.2023	Wednesday	4-5 pm	JMCON	Mr.Mohanam
3	24.11.2023	Friday	4-5 pm	B Block JMMC	Mr.Mohanam
4	27.11.2023	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
5	29.11.2023	Wednesday	4-5 pm	JMCON	Self study
6	01.12.2023	Friday	4-5 pm	B Block JMMC	Mr.Mohanam
7	04.12.2023	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
8	06.12.2023	Wednesday	4-5 pm	JMCON	Mr.Mohanam
9	11.12.2023	Monday	4-5 pm	B Block JMMC	Self study
10	13.12.2023	Wednesday	4-5 pm	JMCON	Mr.Mohanam
11	15.12.2023	Friday	4-5 pm	B Block JMMC	Mr.Mohanam
12	18.12.2023	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
13	20.12.2023	Wednesday	4-5 pm	JMCON	Mr.Mohanam
14	27.12.2023	Wednesday	4-5 pm	JMCON	Self study
15	29.12.2023	Friday	4-5 pm	B Block JMMC	Mr.Mohanam
16	01.01.2024	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
17	03.01.2024	Wednesday	4-5 pm	JMCON	Mr.Mohanam
18	05.01.2024	Friday	4-5 pm	B Block JMMC	Mr.Mohanam
19	08.01.2024	Monday	4-5 pm	B Block JMMC	Self-study
20	10.01.2024	Wednesday	4-5 pm	JMCON	Mr.Mohanam
21	15.01.2024	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
22	17.01.2024	Wednesday	4-5 pm	JMCON	Self-study
23	19.01.2024	Friday	4-5 pm	B Block JMMC	Mr.Mohanam
24	22.01.2024	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
25	24.01.2024	Wednesday	4-5 pm	JMCON	Mr.Mohanam
26	29.01.2024	Monday	4-5 pm	B Block JMMC	Mr.Mohanam
27	31.01.2024	Wednesday	4-5 pm	JMCON	Self-study
28	02.02.2024	Friday	4-5 pm	B Block JMMC	Examination
29	05.02.2024	Monday	4-5 pm	B Block JMMC	Examination
30	07.02.2024	Wednesday	4-5 pm	JMCON	Examination


Signature of Yoga coordinator




Principal
15/11/23
Jubilee Mission College of Nur
THRISSUR - 680 005



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Ph: 0487-2426709, 90 48 28 50 00, Fax: 0091-0487-2422157, E-mail:jmcontcr@gmail.com

NOTICE

14.11.2023

Ist Semester (2023 Admission) students are informed to pay Rs 340/- per head for Add on Course Yoga On or before 21st December 2023 for the academic year 2023-2024.



Angela
Principal
15/11/23

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CIRCULAR

14.11.2023

Dear students,

“YOGA FOR HEALTHY LIVING”-ADD ON COURSE 2023-2024
commences on 20/11/2023.

Date: 20.11.2023 to 19.01.2024

Time: 4.00-5.00 pm

Days: Monday, Wednesday, Friday

Venue: B block JMMC & RI, Exam Hall JMCON

Trainer: Mr. Mohanan M S

Angelas
15/11/23

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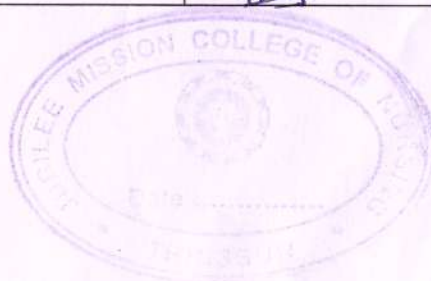
ATTANDANCE SHEET



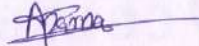
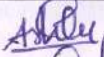
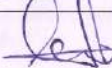
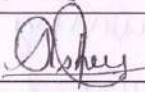




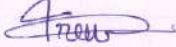
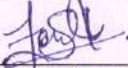
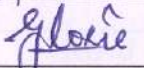
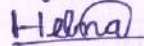
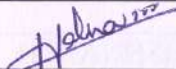
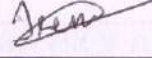
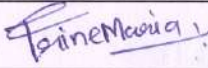
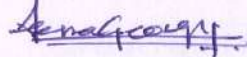

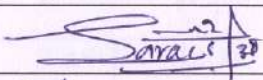




Topic: *Yoga Training*

Date and Time: *20/11/2023 to 19/11/24 4pm to 5pm*

Resource person : *Mr. Mohanan MS.*

SL.NO	NAME OF STUDENT	SIGNATURE
1.	AIRIN JOSE	<i>Airin</i>
2.	AKSHAY P M	<i>Akshay</i>
3.	ALAIKA ANIL	<i>Alaika</i>
4.	ALEENA JOY	<i>Aleena</i>
5.	ALENMARIYA BABU	<i>Alen</i>
6.	AMOOLYA ANNA	<i>Amma</i>
7.	AMRITHA KRISHNA N D	<i>Amritha</i>
8.	ANAVADHYA V SIVARAJ	<i>Anavadya</i>
9.	ANET T MILTON	<i>Anet</i>
10.	ANGEL MARIYA E E	<i>Angel</i>
11.	ANGEL MARIYA T K	<i>Angel</i>
12.	ANGEL ROSE GEORGE	<i>Angel</i>
13.	ANGEL T J	<i>Angel</i>
14.	ANISHA JOSEPH	<i>Anisha</i>
15.	ANITTA JOHN	<i>Anitta</i>
16.	ANITTA JOJU	<i>Ani</i>



17.	ANITTA P B	
18.	ANJALI A	
19.	APARNA C A	
20.	ASHLEY RACHEL VARKEY	
21.	ASHLIN JEENA MACHEAL	
22.	ASHNAVI N K	
23.	BIJITHA K B	
24.	CAROLIN JOSHY	
25.	DEVIKA P S	
26.	DONA MARIYA KURUVILA	
27.	ECIN TREESA	
28.	FOUSTEENA JOSHY	
29.	GLORIA XAVIER	
30.	HELNA GEORGE K	
31.	HELNA JOSE K	
32.	IRENE ROSE SHAJU	
33.	IRINE MARIA SAJAN	
34.	JEENA SUSAN GEORGE	
35.	JIFFY BIJU	
36.	JILSA SARA C S	
37.	JISS MARIA JOSE	
38.	JIYA BIJU	
39.	JIYANNA TREESA BINOY	
40.	KRISHNAPRIYA K R	

41.	MEENU THOMAS	<i>Meenu</i>
42.	MICHELLE ROY	<i>Michelle</i>
43.	NANDHANA MANNAMBETH	<i>Nandhana</i>
44.	NAYANA THOMSON	<i>Nayana</i>
45.	NIVYA SHIBU	<i>Niveesha</i>
46.	RAMEESA K A	<i>Rameesha</i>
47.	REENA SEBASTIAN	<i>Reena</i>
48.	RESMIN V N	<i>Resmin</i>
49.	RINSILA NAZRIN E A	<i>Rinsila</i>
50.	SAMEERA JOY	<i>Sameera</i>
51.	SANIA SAJI	<i>Sanja</i>
52.	SAYOOJ E	<i>Sayooj</i>
53.	SERIN K THOMAS	<i>Serin</i>
54.	SHEFIN VARGHESE	<i>Shefin</i>
55.	SIYA VARGHESE	<i>Siya</i>
56.	SONY JENSON	<i>Sony</i>
57.	STEFFY BIJU	<i>Steffy</i>
58.	SWETHA K R	<i>Swetha</i>
59.	THERESA JOSE	<i>Theresa</i>
60.	VISHNUDEV K S	<i>Vishnu</i>



Signature of Principal

PRINCIPAL
Jubilee Mission College of Nursing
THRISSUR - 680 005

Angela
19/01/24



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YOGA REPORT
2023-2024

“Yoga for healthy living” one of the add on courses of JMCON of the year 2023-2024 was commenced on 20.11.2023. For this academic year, the yoga master, was Mr.Mohanan MS.Yoga classes were scheduled from 20.11.2023 to 19.01.2024 during Monday, Wednesday, Friday at 4.00-5.00 PM and the Venue is B block JMMC & RI.



Yoga class includes 20 hours of training session by Yoga master and 10 hours of self study. Yoga master taught the concepts of yoga, its benefits, and significance. After finishing theory classes, students are taught different poses of yoga. Some students faced difficulties when practicing complicated yoga postures. Breathing techniques and



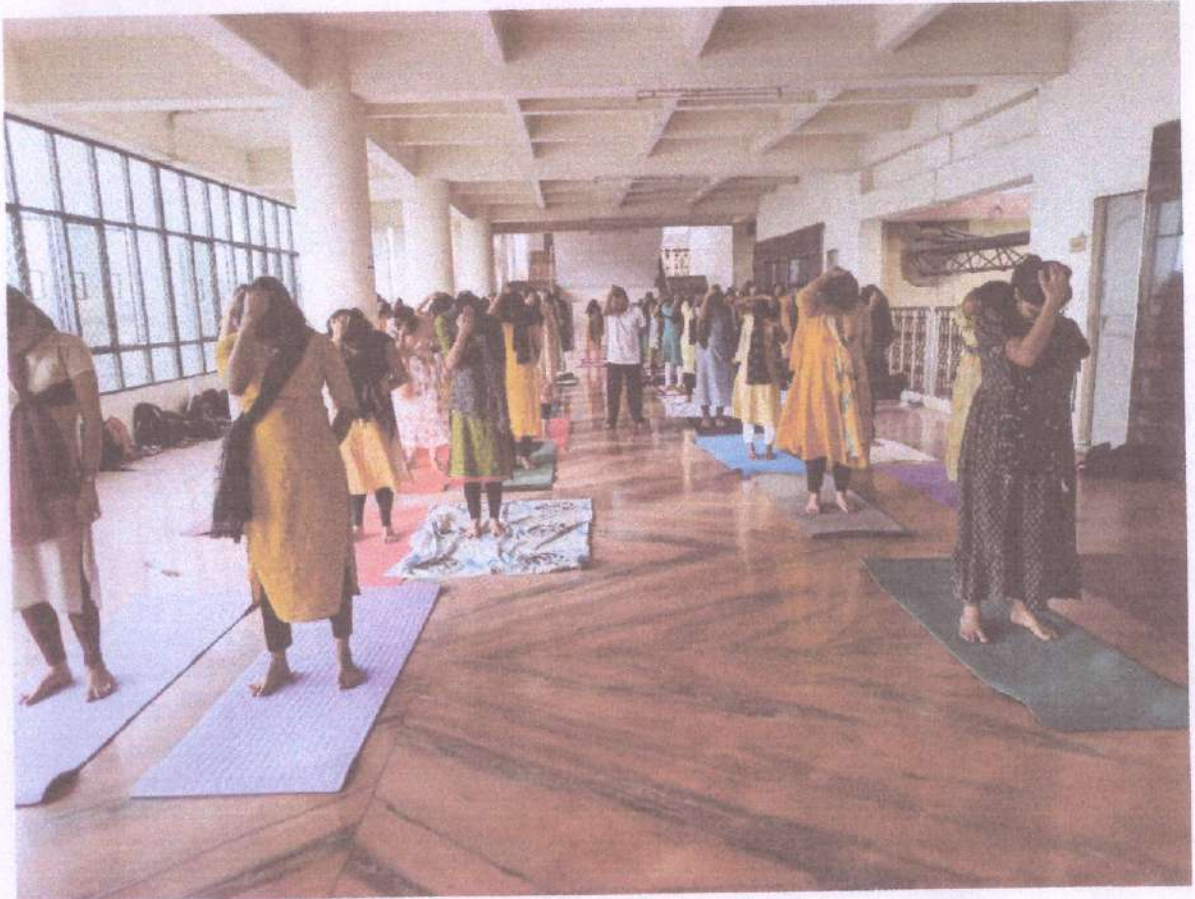
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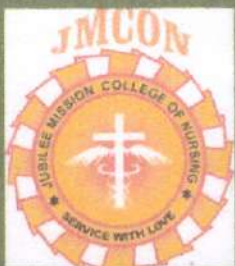
meditations were really a relaxation technique for the students. Students gave mixed feedback about yoga practice. Both the theory and practical examinations were conducted.



At the end of the course, certificate of course completion and transcript were distributed to students.

Dr. ANGELA GNANADURAL *Angela*
PRINCIPAL
Jubilee Mission College of Nursing
Jubilee Gardens, Jubilee Mission, P.O
Thrissur-680 005
Principal 19/2/24

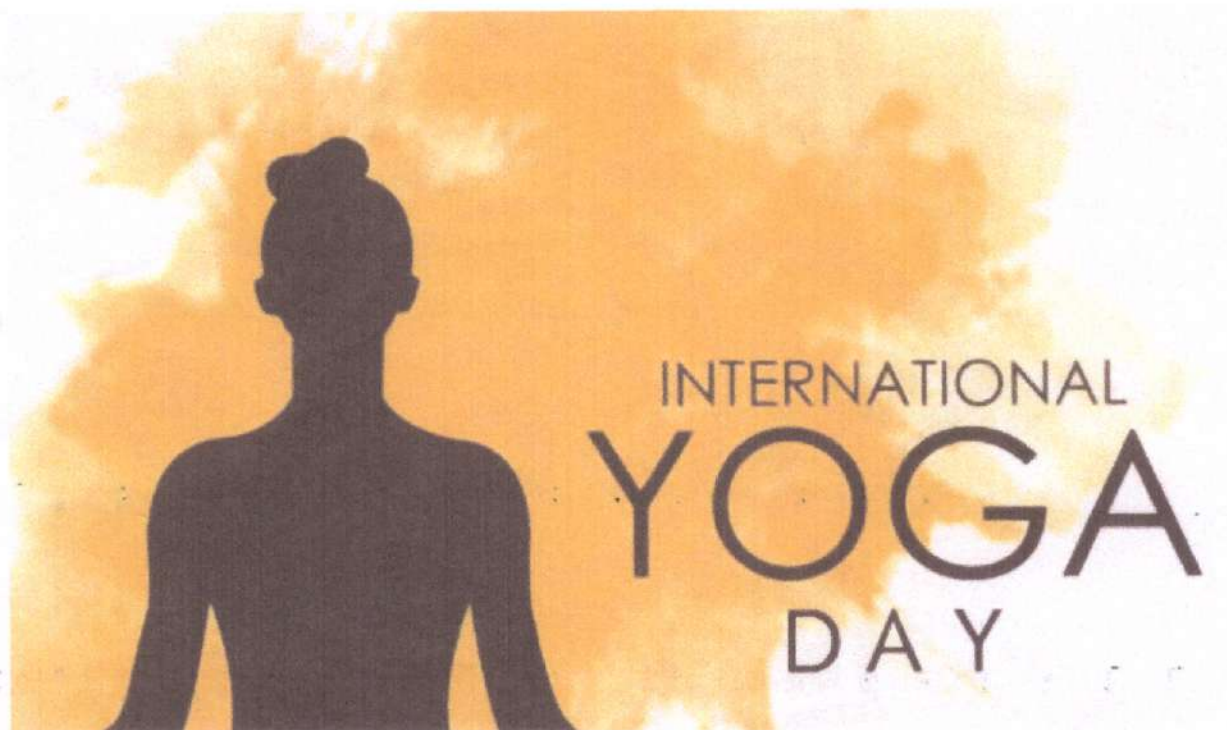




INTERNATIONAL
YOGA DAY

Inauguration of yoga
course, 2023

Yoga for
HUMANITY



Chief guest: Mohanan M S
Yoga Master

JUBILEE MISSION COLLEGE OF NURSING

DATE: 21.06.2023

TIME: 3:30PM

VENUE: SEMINAR HALL

Angelab
16/6/2023
PRINCIPAL

Jubilee Mission College of Nursing
THRISSUR - 680 005



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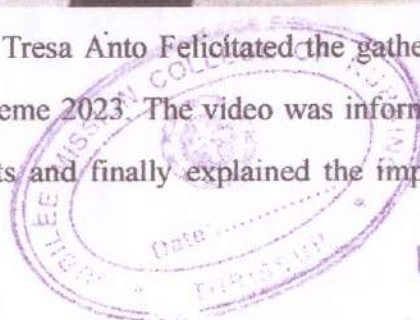
INTERNATIONAL YOGA DAY CELEBRATION & COURSE INAUGURATION

2023

International yoga day celebration and inauguration of the Yoga course,2023 was conducted on June 21st at Seminar Hall of Jubilee Mission College of Nursing. The program started at 3.30 pm with a Prayer Song by Second-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 was the chief guest. Yoga day was planned, coordinated, and executed by 2nd Semester B.Sc.(N) students with the guidance of the Yoga course coordinator. After the briefing on the program, Ms. Chriss Maria, 2nd Semester B.Sc. (N) student welcomed the gathering. Our Principal Dr Angela Gnanadurai gave the presidential address, then our chief guest Mr. Mohanan M S, Yoga Master officially inaugurated the Yoga course of 2023 and delivered a message on International Yoga Day. He briefed regarding the benefits of Yoga from his life experience.



Thereafter, Dr. Sr. Philo Resmi and Dr. Sr. Tresa Anto Felicitated the gathering. 2nd Semester B.Sc. Nursing students played a video on the Yoga Day theme 2023. The video was informative and incredible. It displayed different yoga postures assumed by students and finally explained the importance of yoga in our life. Our



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Principal, Vice principals, and Yoga master were highly impressed by the video prepared by the students and they congratulated them. Yoga Mater showed some of the asanas to the students and made them practice it. At the end of the program, Ms. Jeeva Maria 2nd Semester B.Sc.(N) student delivered the vote of thanks. The program was concluded at 4:30 pm with National Anthem.



Angelab
Principal
22/6/23

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CIRCULAR

21.06.2023

Dear students,

“YOGA FOR HEALTHY LIVING”-ADD ON COURSE 2023-2024
commences on 23/06/2023.

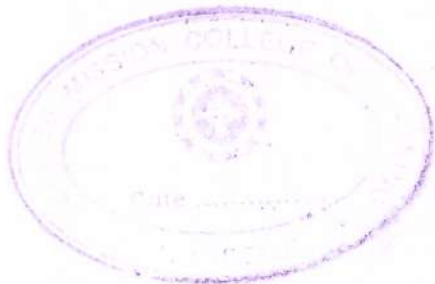
Date: 23.08.2023 -25.08.2023

Time: 4.30 pm-5.30 pm

Days: Monday, ^{Wednesday} Tuesday, Friday

^{Examination hall}
Venue: Bishop Alappat Auditorium

Trainer: Mr. Mohanan M S



Angela

19/6/2023

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