

NAVAJYOTHI COLLEGE CHERUPUZHA

(Affiliated to Kannur University)

LIFE SKILLS

(YOGA, PHYSICAL FITNESS, HEALTH AND
HYGINE)

1 THE ACADEMIC YEAR 2016-2017

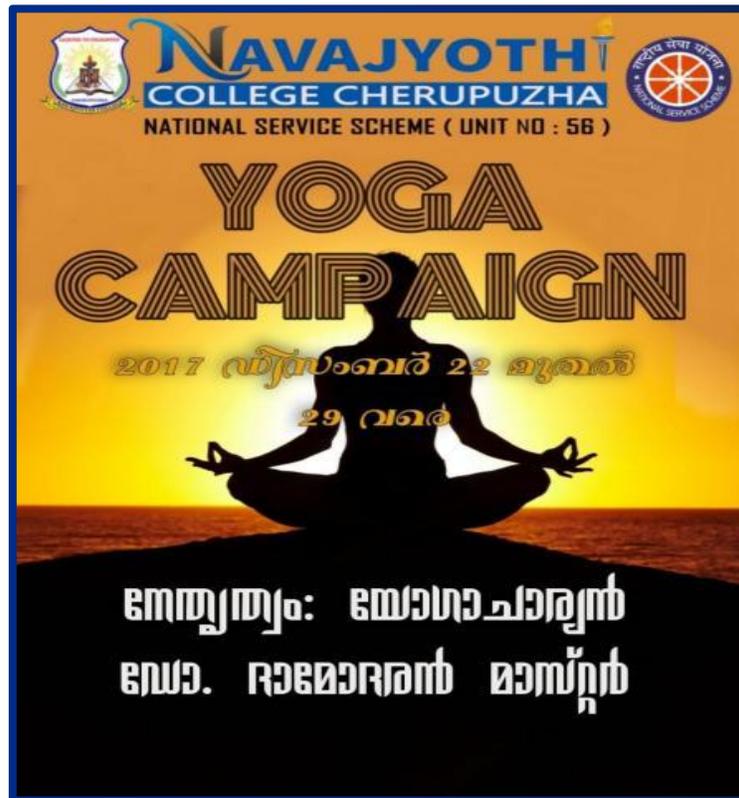
1.1 Health Awareness Programme.



Programme report:

To make a healthier society by popularising preventive measures, Navajyothi College, Cherupuzha, organised a health awareness programme for final girls named “CONCIENCIA” on 22nd August 2016 from 9.30 am to 12.30 pm. The theme of the awareness class was the maintenance of hygiene during periods, handling oneself careful at this time, proper knowledge of the changes that occur to the body during this period. A total of 158 students participated in the programme. The programme was handled by Dr Arya Shanavas, Co-Operative Hospital Cherupuzha. The doctor spoke in detail about all matters relating to girls’ health. The programme was presided by Fr. Joseph Pulinthanam, manager of the college. The programme was very beneficial for girls. The health awareness programme was concluded by the vote of thanks of Fincy Kuruvilla-student coordinator of the programme.

1.2 Yoga Training For Students



Yoga is not a religion, it's a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; Yoga helps in developing the balance between all the three as stated in Ayurveda in India. Other forms of exercise, like aerobics, only assure physical wellbeing. These exercises have very little to do with the improvement of spiritual or astral body. Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body expands. This enables you to experience the whole universe as a part of yourself, making everything one, this is the union that yoga creates. Yoga is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India, aimed at controlling and stilling the mind, and recognizing the detached 'witness-consciousness' as untouched by the activities of the mind and mundane suffering.

Yoga is a flame when you light it up, the glow never fades away. Our Navajyothi College is enthusiastic in promoting awareness about health. So we create so many programs for the students. In the year of 2017 we conducted NSS camp for the volunteers from 22 December to 29th December. It helped the students to know their own talents and created intimacy between them. On the days of camp we hold yoga classes for the students because we know that yoga helps to increase our concentration and minimise many bodily issues. On every morning there was a yoga session. The yoga session was taken by Dr. K. Damodaran Master (Block Panchayat member and also yoga samrat). We had yoga classes for more than four days. It was a wonderful session for the students. He is the person who takes the yoga class for NSS volunteers every year. That was the beautiful part of the camp because the students who were not aware of yoga could understand the importance of yoga in daily life. NSS program officer Rajeev PG and Mrs. Principal Lilly Kutty Chacko gave instructions about the importance of yoga in daily life. About thirty-five students participated in the yoga class. The certificates of participation were distributed to students after the yoga class.

2 THE ACADEMIC YEAR 2018-2019

2.1 International Yoga Day Celebration



Dr Damodaran Master, Yoga Acharya, practices the students 'MUDRAS.'

Programme report:

International Yoga Day is celebrated every year on 21 st June to raise worldwide awareness about the benefits of yoga in daily life. Yoga brings balance between body, soul and mind. Navajyothi College Cherupuzha celebrated international yoga day named” MANTRA” on June 21 st 2018. The programme was presided by Dr Shajimon TJ, Principal Navajyothi College. Dr Damodaran Master, Yoga Acharyan, led yoga class and practice. The session helped the participants understand the purpose of life and how to survive in the changing environment. Also, it was very beneficial to students and faculty members. The programme was concluded with the vote of thanks by Sr. Rosily Joseph, staff secretary of the college. A total of two hundred and eighty-four students participated in the programme.

2.2 Yoga Training For Students

“Yoga in Daily Life” is a holistic system, which means it takes into consideration not only the physical, but also the mental and spiritual aspects. Positive kindness and understanding form the way to Self-Knowledge and Self-Realization. The health of the body is of fundamental importance in life. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas' that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana' to discipline the mind.

Health is the greatest wealth, The NSS unit of Navajyothi college get fascinated by the quote and took the liberty of hosting a yoga training programme. The training camp started from a period of 6th June 2018 to 10th September 2018. The training sessions were scheduled on Fridays from 3:30pm to 4:30pm in the evening. The training programme was inaugurated on 6th June by Mrs. Lillykutty Chacko (Principal, Navajyothi college) and addressed by Mr. Rajeev P G (Programme officer). The sessions were taken by Dr. K. Dhamodharan Master. Nearly about 35 volunteers participated in this training program.

The training camp aimed at improving the physical and mental well-being of the volunteers. And we can say that it was successful to a great extent. The sessions comprised of practising various yoga postures and breathing exercises. These techniques were indeed very helpful in calming the body and mind. It really helped in relaxing the mind. Throughout the session Dhamodharan Master reminded us the relevance and need of good physical and mental health. He also promised his support in the future in helping us to practice yoga. Even though the training was a little tough in the beginning, eventually it turned out really helpful and successful.



NAVAJYOTHI COLLEGE



NATIONAL SERVICE SCHEME (UNIT NO:56)

യോഗ ക്യാമ്പയിൻ

NSS യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ നവജ്യോതി കോളേജിൽ ജൂൺ 6 മുതൽ സെപ്റ്റംബർ 10 വരെ എല്ലാ വെള്ളിയാഴ്ചയും 3:30 തൊട്ട് 4:30 വരെ യോഗ ക്യാമ്പയിൻ നടത്തുന്നു. നേതൃത്വം നൽകുന്നത് യോഗചര്യൻ ഡോ. K. ദാമോദരൻ മാസ്റ്റർ. ജൂൺ 6 ന് കോളേജ് പ്രിൻസിപ്പൽ ലില്ലിക്കുട്ടി ചാക്കോ ഉദ്ഘാടനം ചെയ്യുന്നു.



3 THE ACADEMIC YEAR 2019-2020

3.1 Blood Donation Camp



Students donating blood.

Programme report:

Navajyothi College Cherupuzha organized a blood donation camp named “GIFT A DROP” on 29-09-2019 in the college auditorium under the supervision of the Kannur blood bank. Blood donation is the greatest donation and a noble step in the service of humanity. A team of two doctors and four nurses of the Kannur blood bank came for the collection of blood. About 47 students had volunteered for donating blood. A certificate of appreciation donation card, refreshment was given to each donor a token of gratitude. The programme was presided by Fr. Abraham Kotanellur, manager of the college and inaugurated by Dr Shajimon TJ principal of

the college. The programme was concluded by a vote of thanks from Shuthi P, student co-coordinator of the programme.

3.2 International Yoga Day Celebration



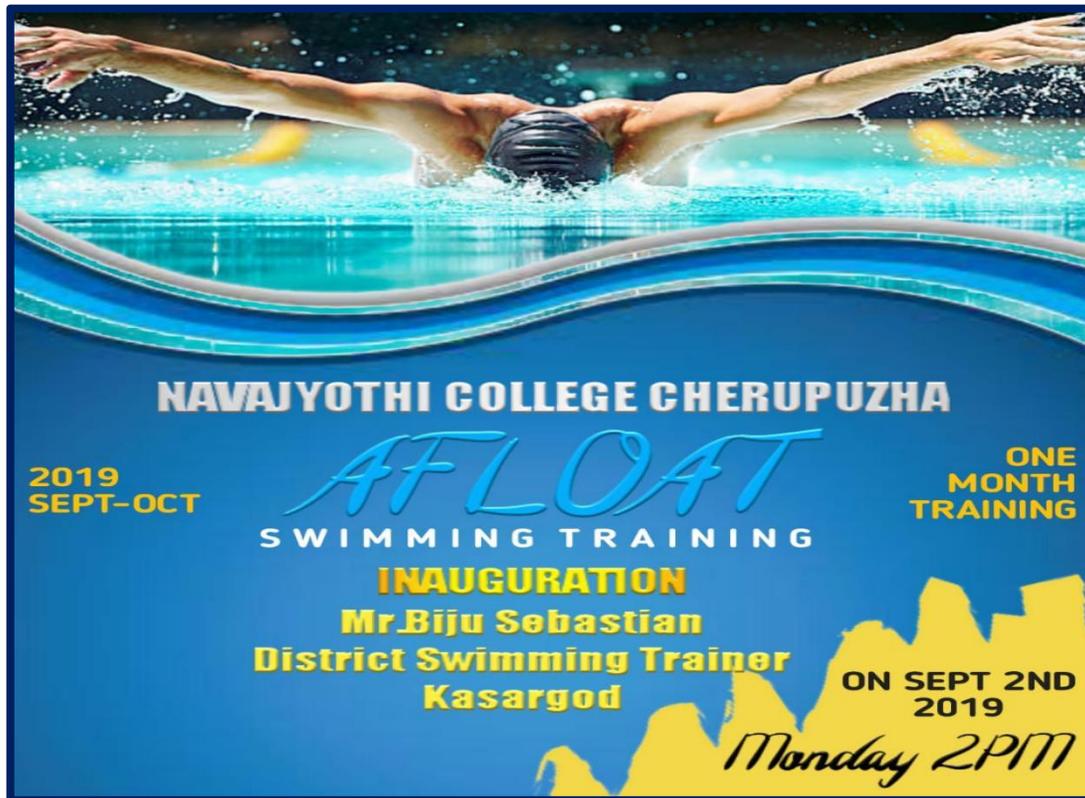
Dr Damodaran Master, Yoga Acharya, practices the students 'MUDRAS.'

Programme report:

Navajyothi College Cherupuzha conducted a yoga day celebration and six-month yoga training started named “MUDRA” on 21-06-2019. Yoga day celebration was presided by Fr. Abraham Kottanellur, manager of the college. Programme inaugurated by Dr Damodaran master, Yoga Samrat. Yoga’s incorporation of meditation and breathing can help to improve a person’s mental wellbeing. Damodaran master said that regular yoga practise creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centres attention and sharpens concentration. Total 56 students joined six months of yoga training and decided to give training every day morning from 8.15 to 9.15 am. Through this programme,

everyone was able to learn more about yoga. The programme was concluded by the vote of thanks.

3.3 Swimming Training Programme

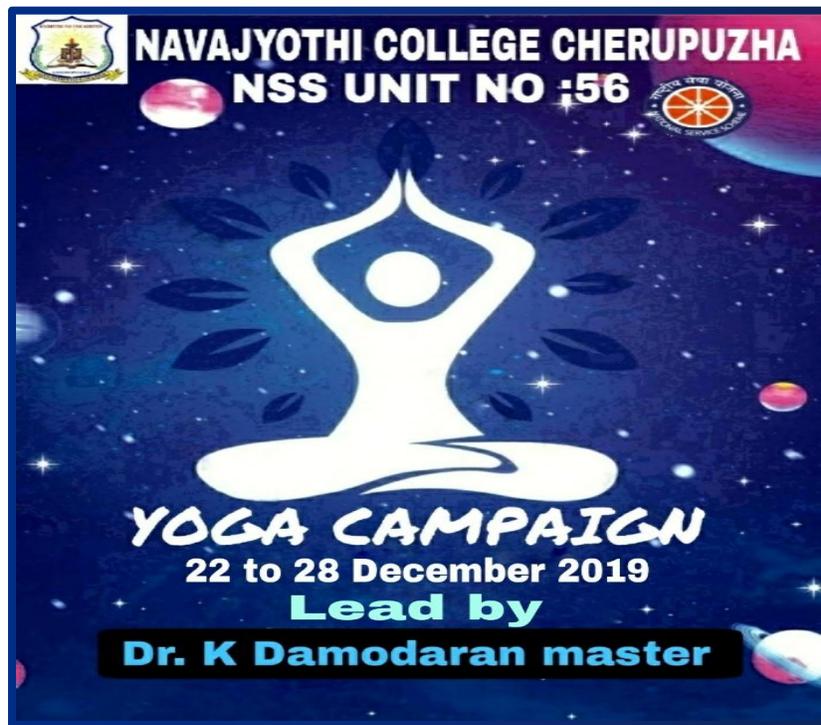


Programme Report:

Navajyothi college organized a swimming training programme named “AFLOAT” on 2-9-2019. The one-month swimming training was held at St. Johns Higher secondary school Palavayal swimming pool. The programme presided by Fr. Jimmy Anjilithopil, director of the college. Kasaragod district swimming trainer Mr. Biju Sebastian inaugurated the training programme. He said that swimming is a good all-around activity because keeps your heart rate up but take some of the impact stress off your body, it builds endurance, muscle strength and cardiovascular fitness and helps you maintain a healthy weight, healthy heart and lungs. 23 students joined in the one month swimming training. The training

inauguration programme was concluded by the vote of thanks of Ms. Jincy George, college union vice chairman.

3.4 Yoga Training



Programme Report

We are well aware of the endless emotional and physical disorders that an adult faces due to unhealthy lifestyle choices and how the practice of yoga can help them overcome these problems and lead a healthy lifestyle. Unfortunately, adolescents (students) are mainly victims of stress, anxiety, digestive disorders etc, due to a highly competitive environment and work culture. Examination pressures, long working hours, irregular eating habits are a few other causes of a stressful life style.

The NSS unit of Navajyothi college conducted a yoga training camp as part of the seven day residential camp conducted from 22 December 2019 to 28 December 2019. During these days yoga classes were imparted in the daily routine. Nearly about 35 students participated in the classes. The yoga classes were taught by Dr. K Dhamodharan Master. The classes were from 6 am to 7am in the morning. The yoga training camp was inaugurated on 22nd December by Miss. Lillykutty Chacko (Principal, Navajyothi college) and was addressed by Mr. Rajeev PG (Programme Officer).

During the sessions, the topics about the benefits of yoga in refreshing our mind and body, the ways to purify ourself etc were discussed and Dr. K Dhamodharan Master taught as the importance of an healthy lifestyle. His cooperation with us was really helpfull and he even promised us future assistance in practising yoga. During the seven days of the program everyone enjoyed the sessions and felt a peace of mind. This was a new experience for everyone and everyone benefited a lot from this program.

4 THE ACADEMIC YEAR 2020-2021

4.1 International Yoga day celebration

NAVAJYOTHI COLLEGE
NATIONAL SERVICE SCHEME, Unit No:56



**JUN 21
10:00 AM**



**YOGA 2020
WEBINAR ON
WORLD YOGA DAY**

TOPIC: Yoga as a lifestyle during the epidemic season

ID&PASSWORD TO
JOIN THE WEBINAR
WILL BE INFORMED
LATER

FR.SIJOY PAUL CST
DIRECTOR NAVAJYOTHI
COLLEGE

NSS PROGRAMME OFFICER
STENIL GEORGE



INAUGURATION

DR.PRIYA VARGHEESE
DSS KANNUR UNIVERSITY



CHIEF GUEST

DR.K.DAMODARAN MASTER
YOGA SAMRAT
YOGA STATE AWARD
WINNER



Report on Yoga Day

Yoga is considered to be an ancient practice that originated 5,000 years ago in India. Yoga was developed as a way to interconnect the mind, body and soul to step closer to enlightenment. It became popularized as an exercise and relaxation method, with claims to help the body's general well-being, alleviate physical injuries and chronic pain. The college conducts yoga training for all every year. Due to COVID-19, the national yoga day was observed on 21 June online. Dr Priya Varghese, DSS of Kannur University, inaugurated the session. Dr K Damodaran Master, Yoga Samrat delivered the keynote address on the day.

4.2 Anti-drug awareness programme



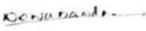
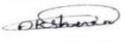
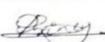
Mr. Rajeevan M.(Preventive Officer) leads the seminar.

Programme report:

Department of Management Studies, NavaJyothi College successfully conducted a seminar on “**Anti-Drug Awareness**” in the college on 30th March, 2021 for the students of the department. The resource person for the programme was Mr.Rajeevan M, Preventive Officer, Excise Range, Payyanur. The programme was presided by the Principal of NavaJyothi College, Dr.Aravindan M. It was a very informative and knowledge enriching seminar for the participants. A total of 87 students participated in the programme. The programme was coordinated by the Management Association members. All the faculty members, non-faculty staff members and students worked efficiently to make the seminar a grand success. The seminar was concluded with the vote of thanks given by the Faculty Coordinator, Mr.Deepak Joshy.

Attendance list of participants

LIST OF PARTICIPENTS

Sl. No.	Register No.	Name	Signature
1	NJ18BBAR01	Ancila Mathew	
2	NJ18BBAR02	Devananda Sundaran	
3	NJ18BBAR03	Abhilash Varghese	
4	NJ18BBAR04	Jiril Joreies	
5	NJ18BBAR05	Joel John Kuriakose	
6	NJ18BBAR06	Akshara Rajeevan	
8	NJ18BBAR08	Anjali K	
10	NJ18BBAR10	Delna Lalu	
11	NJ18BBAR11	Kathreena Thomas	
12	NJ18BBAR12	Kochuthresia Jose	
13	NJ18BBAR13	Linta Jose	
14	NJ18BBAR14	Nimisha Sunny	
15	NJ18BBAR15	Pavithra James	
16	NJ18BBAR16	Princy T V	

Attested by


DR. ARAVINDAN M.
PRINCIPAL
NAVAJYOTHI COLLEGE
CHERUPUZZHA 670 511

17	NJ18BBAR17	Teena Thomas	<i>Teena Thomas</i>
18	NJ18BBAR18	Ajay R N	<i>Ajay</i>
19	NJ18BBAR19	Akhil Toms	<i>Akhil Toms</i>
20	NJ18BBAR20	Akshay P S	<i>AKSHAY</i>
21	NJ18BBAR21	Albin Joshy	-
22	NJ18BBAR22	Albin Mathew	-
24	NJ18BBAR24	Amal Sasindran	<i>Amal</i>
25	NJ18BBAR25	Antony Johnson	<i>Antony</i>
27	NJ18BBAR27	Athul Tomy	-
28	NJ18BBAR28	Benjamin Baby	<i>Benjamin</i>
30	NJ18BBAR30	Geo George	<i>Geo</i>
31	NJ18BBAR31	George Thomas	<i>George</i>
32	NJ18BBAR32	Jacob A S	-
33	NJ18BBAR33	Joel P Jacob	<i>Joel P Jacob</i>
34	NJ18BBAR34	Libin Baby	<i>Libin</i>

Attested by
[Signature]

4.3 Awareness programme against COVID-19 at Bhoothanam colony



NAVAJYOTHI COLLEGE

DEPARTMENT OF MANAGEMENT STUDIES.

CIRCULAR

This is to inform you that The Department of Management Studies organises an awareness program against COVID 19 among the kids and teenagers of Bhoothanam colony in collaboration to Health Dialogue Kozhikode, on 07/04/2021 at 10 Am. All the second-year students and faculties are requested to actively participate in this program make it a successful event.

Head of The Department
Department of Management Studies

[Signature]

Cherupuzha.
05/04/2021.

Attested by
[Signature]

DR. ARAVINDAN M.
PRINCIPAL
NAVAJYOTHI COLLEGE
CHERUPUZHA 670 511

നവജ്യോതി കോളേജ്, ചെറുപുഴ

ഡിപ്ലാർട്ട്മെന്റ് ഓഫ് മാനേജ്മെന്റ് സ്റ്റഡീസ്
& ഹെൽത്ത് ഡയലോഗ്, കോഴിക്കോട്

(Reg. Society No. 78/99)

കോവിഡ് പ്രതിരോധ
ബോധവൽക്കരണ
പരിപാടി

സെമിനർ നയിക്കുന്നത്

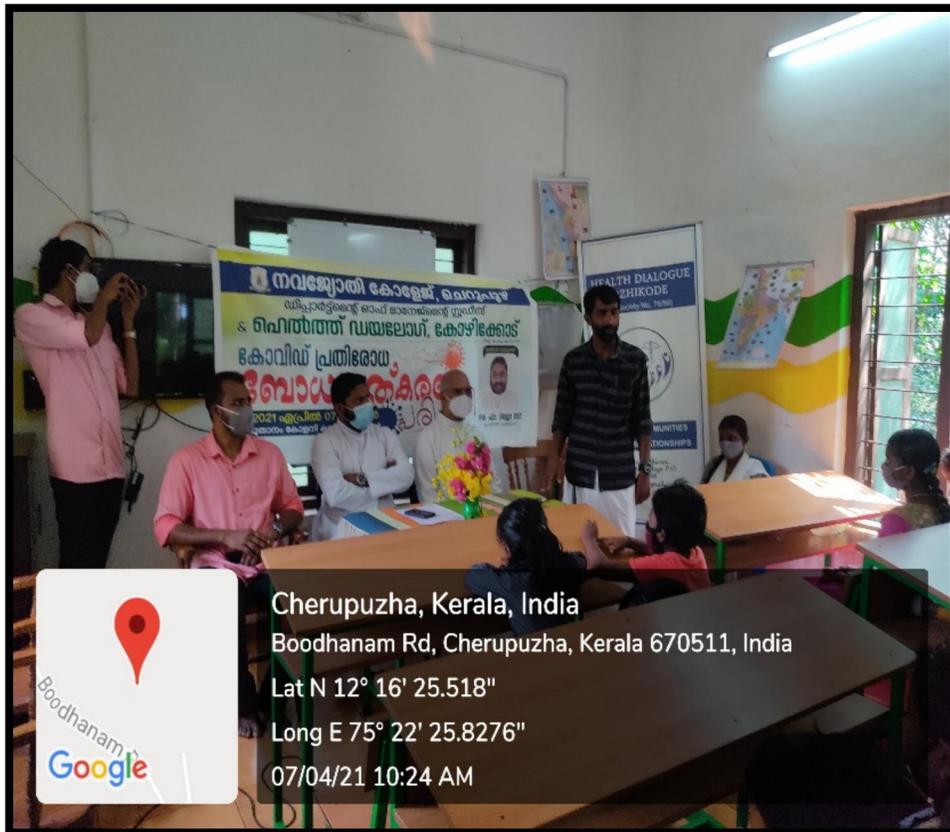


ഡോ. എ. റിജോ EST
ഹെൽത്ത് ഡയലോഗ്

2021 ഏപ്രിൽ 07, ബുധൻ
ഭൂതാനം കോളനി കമ്മ്യൂണിറ്റി ഹാൾ

attested by

DR. ARAVINDAN M.
PRINCIPAL
NAIR JYOTHI COLLEGE
CHERUPUZHA-670511



Cherupuzha, Kerala, India
Boodhanam Rd, Cherupuzha, Kerala 670511, India
Lat N 12° 16' 25.518"
Long E 75° 22' 25.8276"
07/04/21 10:24 AM



Cherupuzha, Kerala, India
 Boodhanam Rd, Cherupuzha, Kerala 670511, India
 Lat N 12° 16' 25.2912"
 Long E 75° 22' 25.9104"
 07/04/21 10:55 AM



Cherupuzha, Kerala, India
 Boodhanam Rd, Cherupuzha, Kerala 670511, India
 Lat N 12° 16' 25.4928"
 Long E 75° 22' 25.896"
 07/04/21 11:34 AM



Cherupuzha, Kerala, India
 Boodhanam Rd, Cherupuzha, Kerala 670511, India
 Lat N 12° 16' 25.4928"
 Long E 75° 22' 25.8888"
 07/04/21 11:31 AM

Programme report:



Arts & Science College, Cherupuzha
AFFILIATED TO KANNUR UNIVERSITY



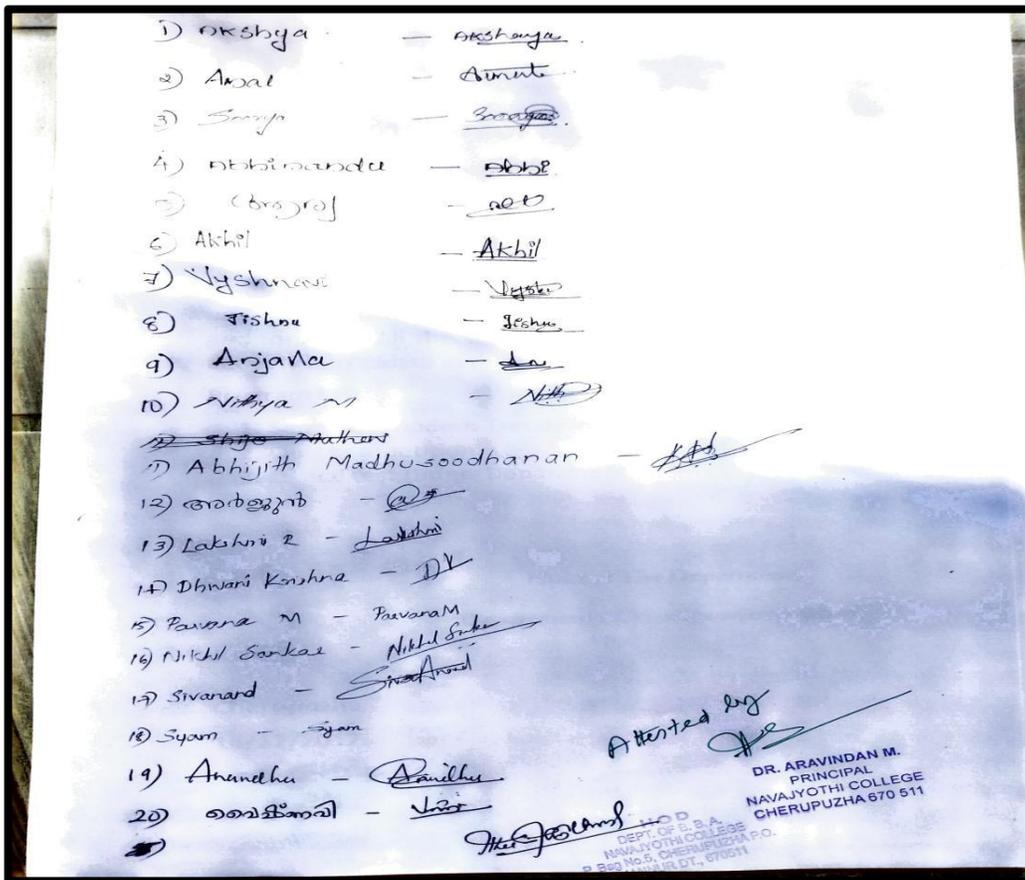
REPORT - COVID AWARENESS SEMINAR AT BHOOTHANAM COLONY

Department of Management Studies, NavaJyothi College in association with Health Dialogue Kozhikode successfully conducted a Seminar on "Covid Awareness" at Bhoothanam Colony Community Hall, Cherupuzha on 07th April, 2021 for the kids and teenagers of the colony. The seminar session commenced with welcome address by Mr. Shijo Jose (HOD, Department of Management Studies). The programme was presided over by the Manager of NavaJyothi College, Rev. Dr. John Kochupurackal CST. Rev. Fr. Sijoy Paul CST (Director, NavaJyothi College) and Mr. Krishnan (Mooppan, Bhoothanam Colony) delivered felicitations. The programme was then handed over to Rev. Fr. Rijo CST (Health Dialogue, Kozhikode) for handling the seminar session. All the participants of the seminar were provided with masks and sanitizers sponsored by Health Dialogue. It was a very informative and knowledge enriching seminar for the participants. The participants were able to understand the basic habits that should be made a part of their daily routine to prevent themselves from the spread of the pandemic. A total of 42 individuals participated in the programme. The programme was coordinated by the Management Association members. All the faculty members, non-faculty staff members and students of the Department worked efficiently to make the seminar a grand success. The seminar was concluded with vote of thanks by the Faculty Coordinator for the programme, Mr. Nelson Jose (Asst. Professor, Department of Management Studies).

Attested by

DR. ARAVINDAN M.
PRINCIPAL
NAVAJYOTHI COLLEGE
CHERUPUZHA 670 511

List of participants



4.4 Mask distribution in college campus.



Principal Dr. Aravindan M receives the mask kit from Fr. Rijo CST- Director HDK

Programme report:



NAVAJYOTHI
Arts & Science College, Cherupuzha
AFFILIATED TO KANNUR UNIVERSITY



REPORT – MASK DISTRIBUTION AT COLLEGE

Department of Management Studies, NavaJyothi College in association with Health Dialogue Kozhikode provided N95 masks to all the students of the college on April 07, 2021. Mr.Shijo Jose (HOD, Dept. of Management Studies) welcomed the gathering. The programme was inaugurated by handing over of masks to Dr.Aravindan M (Principal, NavaJyothi College Cherupuzha) by Fr.Rijo CST (Health Dialogue Kozhikode). After the inauguration masks were distributed to all the students of the college. The programme was coordinated by the Management Association members. All the faculty members, non - faculty staff members and students of the Department worked efficiently to make the programme a grand success. The programme was concluded with vote of thanks by the Faculty Coordinator for the programme, Mr.Nelson Jose (Asst. Professor, Department of Management Studies).

Attested by

DR. ARAVINDAN M.
PRINCIPAL
NAVAJYOTHI COLLEGE
CHERUPUZHA 670 511

Attendance of participants:

LIST OF PARTICIPENTS

Sl. No.	Reg. No.	Name	Signature
1	NJ19BBAR001	Ammu Merin	AKG
2	NJ19BBAR002	Ashwini P	AA
3	NJ19BBAR003	Jobin O S	
4	NJ19BBAR004	Sharon K Shaji	
5	NJ19BBAR005	Aleena Sebastian	
6	NJ19BBAR006	Ananya K	
7	NJ19BBAR007	Bibina Benny	
8	NJ19BBAR008	Divya Joseph	
9	NJ19BBAR009	Dyuthi P P	
10	NJ19BBAR010	Jisna T Joseph	
11	NJ19BBAR011	Sneha Sebastian	
12	NJ19BBAR012	Abin V T	
13	NJ19BBAR013	Akhiljith Kuthirummal	
14	NJ19BBAR014	Akhil Kumar C S	
15	NJ19BBAR015	Akhil T K	
16	NJ19BBAR016	Albin Thomas	
17	NJ19BBAR017	Althaf Rahman	
18	NJ19BBAR018	Alvin Mathew	
19	NJ19BBAR019	Augustian Mathew	
20	NJ19BBAR020	Bibin George	
21	NJ19BBAR021	Chackochan Savi	
22	NJ19BBAR022	Nelbin Roy	
23	NJ19BBAR023	Pranav P P	
24	NJ19BBAR024	Sachin M T	
25	NJ19BBAR025	Shibin Mathew	
26	NJ19BBAR026	Siddharth P Raghavan	

ST

Attested by

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HOD
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