

HOLY CROSS COLLEGE (AUTONOMOUS) NAGERCOIL
(Affiliated to M.S. University, Tirunelveli)
Accredited with A++ Grade (CGPA 3.53 – 5th Cycle) by NAAC
ISO 9001: 2015 Certified Institution



Report
of
Commemoration of International Yoga Day
Organised by
HEALTH AND HYGIENE COMMITTEE



Date: 20-06-2025
Venue: Golden Jubilee Hall

BROCHURE

Holy Cross College (Autonomous), Nagercoil

Affiliated to Manonmaniam Sundaranar University, Tirunelveli.
Accredited with A++ Grade (CGPA 3.53 - V Cycle) by NAAC



HEALTH AND HYGIENE COMMITTEE

ORGANISES

COMMEMORATION OF

INTERNATIONAL YOGA DAY



DATE : 20.06.2025

VENUE : GOLDEN JUBILEE HALL

TIME : 9.00 AM

RESOURCE PERSONS

Sr.A.SHANTHI

Ms. S. JOSEPHINE PANIMAYA RUSHIYA

PATRON: Dr.Sr.MARY HILDA, SECRETARY

PRESIDENT: Dr.Sr. SAHAYASELVI, PRINCIPAL

ORGANISING SECRETARIES

Dr. L. DEVA VIJILA, N.SAROMI

REPORT

COMMEMORATION OF INTERNATIONAL YOGA DAY

Objectives

- To promote awareness about the importance of yoga in maintaining physical and mental health.
- To encourage students and staff to incorporate yoga into their daily routine for holistic wellbeing.
- To provide practical experience and expert guidance on various yoga techniques for a balanced lifestyle.

On 20th June 2025, a special program was organised to commemorate International Yoga Day. The event was conducted under the auspices of the Health and Hygiene Committee, in collaboration with the college administration. This initiative aimed to highlight the benefits of yoga for overall health, well-being, and spirituality.

The program commenced at 9:00 am in the Golden Jubilee Hall of the college. Dr. L. Deva Vijila, the Coordinator of Health and Hygiene Committee welcomed the gathering. Dr. Sr. Shayaselvi, the principal, gave an introductory talk about yoga and congratulated the organisers. The event was attended by the staff and students of the institution, reflecting a strong enthusiasm for the practice of yoga and its relevance in daily life.

The celebration featured a yoga demonstration and an interactive session led by the esteemed resource persons, Sr. A. Shanthi and Ms. S. Josephine Panimaya Rushiya, who shared their expertise and inspired participants to adopt yoga as a regular practice for a balanced and healthy lifestyle.

The event was organized by the dedicated efforts of the Organising Secretaries, Dr. L. Deva Vijila and Ms. N. Saromi, whose meticulous planning and execution ensured its success. The event came to an end at 10.30 am by the formal vote of thanks by Ms. N. Saromi.

The celebration reaffirmed its commitment to holistic education and well-being, providing students and staff an opportunity to experience the benefits of yoga firsthand. The beneficiaries of the program were 1,250 students and staff members.

OUTCOME: The program motivated the participants to incorporate yoga into their daily routines, fostering a culture of health, discipline, and holistic wellbeing within the institution.

Impact: The practical demonstration and expert guidance encouraged participants to practice yoga regularly as part of a healthy lifestyle.

No. of Beneficiaries: 1,250

You-tube link: <https://youtu.be/uVi6GlktFMM>

PHOTO GALLERY



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Report
of session on
MINDFUL CLASSROOM BEGINS WITH YOU
Organised by
CROSSIAN CENTRE FOR FACULTY DEVELOPMENT
in collaboration with
HEALTH AND HYGIENE COMMITTEE



Date: 05-07-2025
Venue: Multipurpose Hall



HOLY CROSS COLLEGE(AUTONOMOUS) NAGERCOIL - 4

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Nagercoil 629 004.*

*Crossian Centre for Faculty Development
in collaboration with
Health and Hygiene Committee
organizes a session on*

***“The mindful classroom
begins with you”***

Resource Person



**Rev. Sr. ROSARI SAHAYA RANI,
Counsellor & Psychotherapist,
Director of Servite Counselling
Centre, Vattakarai, Nagercoil,
Kanyakumari District.**

**Patron : Dr. Sr. M. Mary Gilda,
Chair Person : Dr. Sr. S. Sahayaselvi,
Organising Secretary : Dr. S. Ajith Sinthuja.**

**05-07-2025
MULTIPURPOSE HALL
9.30 AM TO 1.00 PM**

Report
of session on
MINDFUL CLASSROOM BEGINS WITH YOU
REPORT

Objectives

- To create awareness among faculty members about the importance of mindfulness and emotional well-being in the teaching-learning process.
- To equip educators with practical mindfulness techniques for enhancing focus, balance, and positivity in classrooms.
- To promote self-care and mental wellness as essential components of effective and compassionate teaching.

The Crossian Centre for Faculty Development, in association with the Health and Hygiene Committee, organized a session titled “The Mindful Classroom Begins with You” on 5th July 2025 at the Multipurpose Hall. The session focused on highlighting the importance of mindfulness in the teaching-learning process and the essential role of emotional and mental well-being for educators.

The programme began with a prayer song, invoking divine blessings for a successful and enriching session. This was followed by a warm Welcome Address delivered by Dr. L. Deva Vijila, Coordinator of the Health and Hygiene Committee. She welcomed the dignitaries, faculty members, and the guest speaker, emphasizing the timeliness and relevance of the topic in today’s educational environment.

The session was led by Rev. Sr. Rosari Sahaya Rani, a distinguished Counsellor and Psychotherapist, and the Director of Servite Counselling Centre, Vattakarai, Nagercoil. In her insightful and engaging presentation, she emphasized the importance of cultivating mindfulness both personally and professionally. She introduced various practical techniques to enhance mental clarity, emotional balance, and foster a positive classroom environment. Participants actively took part in simple mindfulness exercises and reflective practices that could be integrated into their everyday routines.

The session concluded with a Vote of Thanks by Ms. Jemi, Assistant Professor of English, who expressed sincere appreciation to the resource person, the management, the

organizing team, and all attendees for their contribution to the session's success. The entire programme was efficiently anchored by Dr. Abila Jeba Queen, Assistant Professor of Physics.

A total of 138 faculty members participated in the session, which was highly appreciated by all. It provided a meaningful opportunity for introspection on personal well-being, self-care, and its profound impact on effective teaching.

OUTCOME: The session enabled faculty members to incorporate mindfulness practices into their daily routines, fostering personal well-being and a positive classroom atmosphere.

IMPACT: The practical techniques and exercises introduced by the resource person encouraged participants to adopt mindfulness practices to improve focus, reduce stress, and create a positive classroom environment.

NO. OF BENEFICIARIES: 138

You Tube Link: <https://youtu.be/HFsBTf316OY>

PHOTO GALLERY



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