

## Best Practice

### YOGA 2020-2021

Health Club in association with IQAC Celebrated **International Day of Yoga** through google meet on 21<sup>st</sup> June 2020. Health Club Coordinator welcome the audience. Dr.Beena K. S given presidential address. Kollam District Yoga Association President Mr.Jayakumar inaugurated the program. He stressed the importance of Yoga during this pandemic situation and Yoga as a powerful tool to deal with lockdowns uncertainty as well as to maintain physical well being. He demonstrated different asanas and talks about the importance to Yoga to boost the immune system of the body. The program was very fruitful for the students.

**MMNSS COLLEGE KOTTIYAM**  
Accredited by NAAC with B++

Webinar on **Influence of Yoga on Our Body**

**Resource person:**  
Sri. G. Jayakumar  
State President,  
Kerala Yoga Association

Platform: Google Meet  
Date: 21/06/2021,  
Monday  
Time: 11:30 am

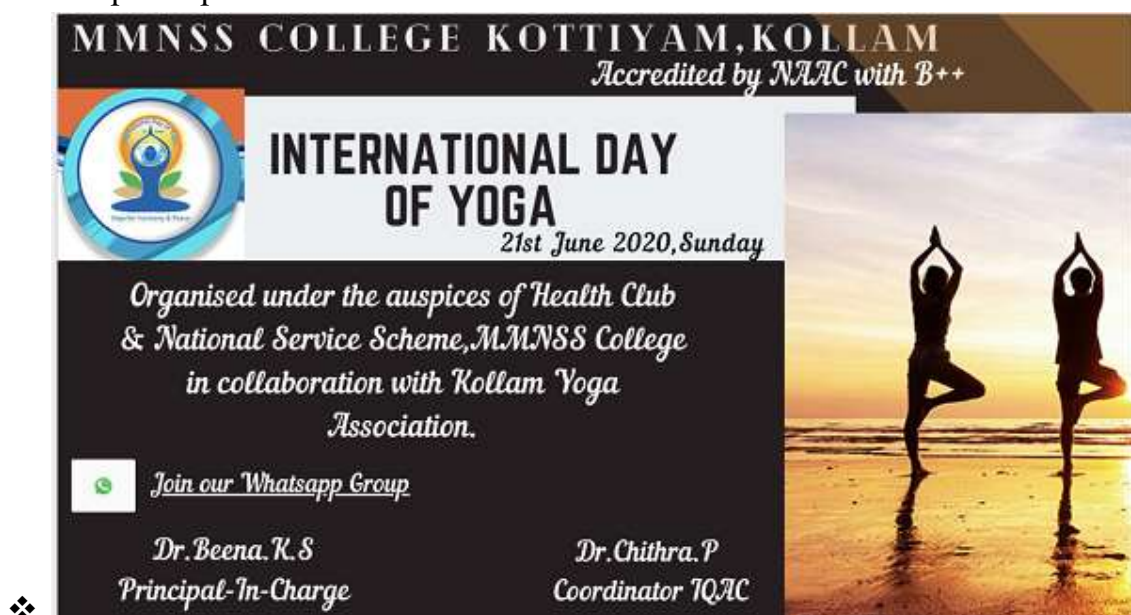
Organised by Health Club in association with IQAC, MMNSS College, Kottiyam

**Dr. Chithra P**  
Coordinator, IQAC & Health Club

**Dr. Beena K.S**  
Principal-In-Charge

- ❖ The IQAC in association with health club of M. M. N. S. S college organised a webinar on the topic **“Human perfection through Heartfulness yoga meditation”** on 21<sup>st</sup>Oct. 2020 , at 2.30pm through the google meet platform. The webinar began with a prayer song and after which the welcome speech was delivered by Dr. Chithra. P, assistant professor of commerce and IQAC coordinator. She welcomed all the speaker’s, chief guest and the participants. The inauguration was done by the Honourable principal Dr.Beena.S who extended her full hearted

support to the program. The felicitation speech was rendered by Dr. Sreekumar.M, Associate professor and Head of the department of commerce. He expressed his happiness in felicitating the program and wished all success. The session was handled by Dr. S Jagadish Gynaecologist, DMO (Rtd) Kollam. He spoke about the importance of Yoga in human life and demonstrated different types of meditations. The webinar ended with a vote of thanks delivered by Sreelekshmi.M S, student of second year B. Com who thanked all the respected speakers, organizers and participants on behalf of the institution.



- ❖ The IQAC in association with health club of M. M. N. S. S college organised a webinar on the topic **Meditation To Cope with Anxiety During Covid- 19** on 21<sup>st</sup> November 2020 , at 11.30 am through the google meet platform. The welcome speech was delivered by Dr.Chithra. P, assistant professor of commerce The session was handled by Mrs Bindhu, Yoga trainer,kollam. She spoke about the importance of meditation as a relaxation technique like yoga and deep breathing that activates the body's relaxation response. She inspired students about the practice of meditation regularly, and it leads to decrease in our stress levels in everyday life. Meditation gives a boost in our feelings of happiness and calmness.The webinar ended with a vote of thanks delivered by Anandan student of final year B. Com.


**MIMSS COLLEGE KOTTIYAM, KOLLAM**  
 ACCREDITED BY NAAC WITH B++

**WEBINAR**

*Resource Person : Dr. S. Jagadish*  
*Gynaecologist,*  
*DMO (Retd), Kollam*

*Date:*  
 21/10/2020 to  
 23/10/2020  
 Wednesday to  
 Friday

**Topic: HUMAN PERFECTION THROUGH  
 HEARTFULNESS YOGA MEDITATION**

*Time:*  
 2.30 pm

**Organised by HEALTH CLUB in association  
 with IQAC**

**PLATFORM GOOGLE MEET**  
**LINK: [HTTPS://MEET.GOOGLE.COM/OTR-GBXJ-NNC](https://meet.google.com/OTR-GBXJ-NNC)**

**Dr. Chithra.P**  
 Coordinator IQAC

**Dr. Beena.S**  
 Principal

- ❖ Health club in association with IQAC conducted different yoga programmes for students of different batches through Google meet on
- ❖ 3 July 2020 <https://meet.google.com/gtt-jers-edr>
- ❖ 15 July 2020 <https://meet.google.com/tbt-jtyt-eve>
- ❖ 4 August 2020 18 August 2020 <https://meet.google.com/htt-tgrf-ghj>
- ❖ 31 August 2020 <https://meet.google.com/thx-eimu-hoy>
- ❖ 8 September 2020 <https://meet.google.com/pot-tesb-rftt>
- ❖ 24 September 2020 <https://meet.google.com/odt-tdsb-pol>
- ❖ 21 October 2020 <https://meet.google.com/eyt-gtsb-tgt>
- ❖ 22 October 2020 <https://meet.google.com/yrt-trtsb-qrrr>
- ❖ 23 October 2020 <https://meet.google.com/tbt-jers-edr>
- ❖ 6 November 2020 <https://meet.google.com/hai-vvby-koa>
- ❖ 13 November 2020 <https://meet.google.com/zqu-pnrr-jmf>
- ❖ 28 December 2020 <https://meet.google.com/thx-eimu-hoy>

- ❖ 17 January 2021 <https://meet.google.com/gtu-qcoj-iww>
- ❖ 23 January 2021 <https://meet.google.com/tbt-jers-edr>
- ❖ 10 February 2021 <https://meet.google.com/gtu-qcoj-iww>
- ❖ 17 February 2021 <https://meet.google.com/odt-tdsb-pol>

## 2 Legal Awareness Programme

Legal Awareness Programme was conducted online due to covid and a five day class was arranged online. Our own Law lecturer Adv Raveendran Pillai took classes. A study material was prepared and given to students.

<https://drive.google.com/file/d/1bjGoqhOjopxxt-srSt5cFb0XUqWK5khO/view?usp=sharing>

- ❖ A webinar on 'Law Literacy for Students' was conducted by the Women's Study Unit of M.M.N.S.S. College, Kottiyam, in association with IQAC on 08 March 2021, as a part of celebrating the International Women's Day. Dr. Aparna Sreekumar, Assistant Professor, NUALS expounded the need for spreading legal awareness among the young generation. The session provided an opportunity for both girls and boys to contemplate on the various implications of law, where a total of 95 students participated. Dr. S. Beena, the college Principal presided over the session. Dr. K.S. Beena, (convenor, WSU) and Dr. Chitra P. (Coordinator, IQAC) offered felicitation.
- ❖ The Department of Commerce, MMNSS College in collaboration with IQAC organized a webinar on Intellectual Property Rights on 29<sup>th</sup> April 2021 at 4.00pm through the platform google meet in order to promote the



relevance of IPR among the students and academic community as well.

**MMNSS COLLEGE KOTTIYAM**

Department of Commerce  
in collaboration with IQAC is organising a

**WEBINAR ON INTELLECTUAL PROPERTY RIGHTS**

**INTELLECTUAL PROPERTY**

**PROGRAMME**

Prayer	- Ardhra S
Welcome speech	- Ms. Kavitha L (Asst. Prof. Dept. of Commerce & Programme Co-ordinator)
Presidential address	- Dr. Sreekumar M (Associate Professor & Head, Dept. of Commerce)
Inaugural speech	- Dr. Beena S (Principal, MMNSS College Kottiyam)
Felicitation	- Dr. Chithra P (Asst. Prof. & Co-ordinator IQAC)
Key note Address	- Dr. N L Sajikumar (Govt. Law College, Calicut)
Topic	- <b>IPR-An Introduction</b>
Vote of Thanks	- Athulya M (III B Com Student)

**Resource Person**

**Dr. SAJIKUMAR**  
(Govt. Law College, Calicut)

**Dr. BEENA S**  
Principal  
MMNSS College Kottiyam

**Dr. SREEKUMAR M**  
(Associate Professor and Head  
Dept. of Commerce)

**JOIN US** ➔

Time 4 pm Thursday 29th April 2021

PLATFORM: GOOGLE MEET

Google meet link: <https://meet.google.com/xbv-sate-ddf>

Code: xbv-sate-ddf

- ❖ The program began with a prayer song after which the welcome speech was delivered by Smt. Kavitha L, Assistant Professor of Commerce and Programme Co-ordinator. She welcomed the speakers, chief guests and all the participants on behalf of Department of Commerce and IQAC. The presidential address was given by Dr. Sreekumar M, Associate Professor and Head, Department of Commerce. In his speech he introduced the resource person to the participants and explained the motive behind organising this webinar. After the presidential address honourable principal Dr. Beena S formally inaugurated the webinar and extended her full hearted support to the program. The felicitation speech was rendered by Dr. Chithra P, Assistant Professor of commerce and IQAC Co-ordinator. She expressed her happiness in felicitating the programme and wished all success. The session was handled by Dr. N L Sajikumar, Professor, Govt. Law college, Calicut. He explained the various legal sides of intellectual property rights and shared his knowledge about various legal aspects associated with it. He also spoke

about how the ownership of Intellectual property is determined and the protection extended by law for intellectual property.

- ❖ The programme ended with the vote of thanks rendered by Athulya M, final year B. Com student who thanked the respective speakers, organisers and participants .
- ❖ ON 16 MAY 2021 a webinar was organised by IQAC club on the topic **“IntellectualPropertyRights”** for the students of MMNSS COLLEGE KOTTIYAM through Google Meet platform. The webinar began with a silent prayer after which the welcome speech was delivered by Dr.Chithra.P Assistant Professor of commerce and IQAC coordinator welcomed all the students to the program.



The webinar was handled by **Adv.RavindranPilla** practising lawyer in kollam court who gave a brief description about the aspects relating to the topic. It was an informative and energetic class. This session had completed very successfully with an introduction towards an idea about IPR. Students were so lucky to have this class. They had understood

that IPR are the rights given to persons over positive creations of their minds. The webinar ended with a vote of thanks by Sreelekshmi M.S of second year Bcom