



**BABA EDUCATIONAL SOCIETY  
INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**



S.NO	PROGRAMME NAME	DATE
1	New Year	01.01.2022
2	Republic Day	26.01.2022
3	Food Fair Programme	29.01.2022
4	Basant Panchami	05.02.2022
5	Orientation Programme for freshers	17.02.2022
6	Farewell And Fresher Party	05.03.2022
7	International Woman's Day	08.03.2022
8	Lamp Lighting and Oath taking ceremony	12.05.2022
9	International Yoga Day	21.06.2022
10	Independence Day Celebration /azadi ka Amrit Mahotsav /Har Ghar Tiranga	11.08.2022 to 17.08.2022
11	Teacher Day	05.09.2022
12	Dandiya Night	01.10.2022
13	Deepawali	21.10.2022

  
PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
58, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

**Baba Educational Society  
Institute of Paramedicals  
College of Nursing  
Report on New Year**

**Event name:** New Year celebration  
**Organizer:** Baba Educational Society Institute of Paramedicals  
College of Nursing  
**Date:** 01/01/2022  
**Duration:** 2 hours  
**Faculty In charge :** Miss. Jyoti Shukla,  
Nursing tutor,  
Baba Educational Society Institute of Paramedical of  
Nursing, Lucknow.

**Event Brief & Highlights:**

Our college welcomed the arrival of the New Year with great passion & enthusiasm. All the student, teacher & staff of our college were united to celebrate with joy refreshment & entertainment.

The area was beautifully designed with rangolis, flowers, Candles, Lights & lamp across the college auditorium.

Principal mam, Mrs. Lubna presented a bouquet on the behalf of all faculty to Director sir Mr. Rajesh Vajpayee.

The student performed various dances wearing traditional and vibrant costumes in Auditorium. A group of senior students performed small skit also.

Then, last sweets & snacks were distributed to the all students.

  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
46, MATIYARI DEWA ROAD  
MUNHAT, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY  
INSTITUTE OF PARAMEDICALS  
COLLEGE OF NURSING  
NEW YEAR PARTY (01.01.2022)**



  
**PRINCIPAL**  
**BABA EDUCATIONAL SOCIETY**  
**COLLEGE OF NURSING**  
**INSTITUTE OF PARAMEDICALS**  
**56, MATIYARI DEVA ROAD**  
**CHINHAT, LUCKNOW-226028**

**Baba Educational Society Institute of Paramedicals**  
**College of Nursing**  
**Report on Republic Day**

**Event name:** Republic day  
**Organizer:** Baba Educational Society Institute of Paramedicals  
College of Nursing  
**Date:** 26/01/2022  
**Time:** 10 am  
**Venue:** College campus  
**Faculty In charge:** Miss Jyoti shukla and Miss Neha Kumari, Nursing tutor  
Baba Educational Society Institute of Paramedical,  
College of Nursing, Lucknow.

**Event Brief & Highlights:**

Like every year, this year, also all the faculty member & students of our college had organized a grand programme on the occasion of this Republic Day.

The Programme started with prayer at 10:00 am. After that flag hosting took place on the college ground as usual. The principal of our college hoisted the National Flag & gave a motivational speech. This was followed by singing the national Anthem.

After that, some speeches was given by M.Sc. (N) students on patriotism & its followed by students cultural programs. In the end, the programme was completed with distributing sweets to all students.

  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY, INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING  
REPUBLIC DAY  
26 JANUARY 2022**



**BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028**



**PRINCIPAL**  
**BABA EDUCATIONAL SOCIETY**  
**COLLEGE OF NURSING**  
**INSTITUTE OF PARAMEDICALS**  
**56, MATIYARI DEVA ROAD**  
**CHINHAT, LUCKNOW-226028**

**BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**

56, Matiyari, Deva Road, Chinhath, Lucknow-226028

**Report on food fair festival**


<b>Event name:</b>	Food fair festival
<b>Organizer:</b>	Baba Educational Society Institute of Paramedicals College of Nursing
<b>Date:</b>	29/01/2022
<b>Duration:</b>	1 day
<b>Venue:</b>	College campus
<b>Target participants:</b>	Students of College of Nursing
<b>Faculty In charge:</b>	Mrs. Arti Shrivastav, Associate professor Mr. Madan Mohan Gupta Associate Professor Miss Sunita Singh, Nursing Tutor Mrs. Priyambda, Nursing tutor Miss. Jyoti shukla, Nursing tutor

**Event Brief & Highlights:**

On the 29 January, 2022 the student of Baba Educational Society Institute of Paramedical College of Nursing, Lucknow organized an event called "Food Fair Festival." This event was organized in our college campus as one day program.

It was inaugurated by the honorable principal mam, Mrs. Lubna. All faculty members, hospital staff, students and guardians were participated

. The main aim of the event was promote the habit of consuming healthy as well as tasty food. There were a display of different variety of delicious homemade salads, fruit juice, sweets and namkeen, prepared by the students. There was also an interaction amongst the students and teachers about marinating healthy and hygienic food habits. The event was a huge success.

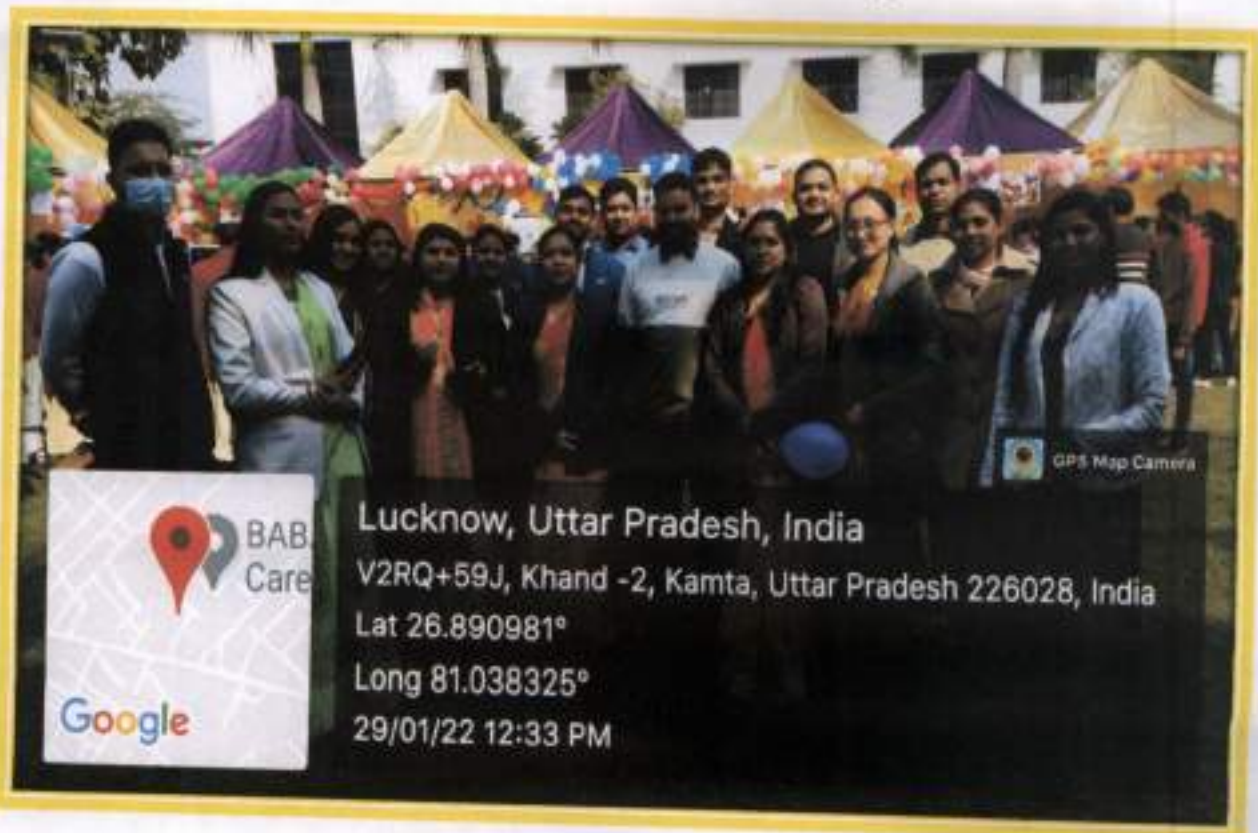
  
PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHATH, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY, INSTITUTE OF PARAMEDICAL COLLEGE OF NURSING  
FOOD FAIR FESTIVAL  
29 JANUARY 2022**



**PRINCIPAL**  
**BABA EDUCATIONAL SOCIETY**  
**COLLEGE OF NURSING**  
**INSTITUTE OF PARAMEDICALS**  
**56, MATIYARI DEVA ROAD**





  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



Hospit  
at Home



Lucknow, Uttar Pradesh, India  
V2RQ+59J, Khand -2, Kamta, Uttar Pradesh 226028, India  
Lat 26.890896°  
Long 81.038378°  
29/01/22 11:43 AM



Hospit  
at Home



Lucknow, Uttar Pradesh, India  
V2RQ+59J, Khand -2, Kamta, Uttar Pradesh 226028, India  
Lat 26.890933°  
Long 81.038361°  
29/01/22 11:44 AM

**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



Hospit  
at Hom



Lucknow, Uttar Pradesh, India  
V2RQ+59J, Khand -2, Kamta, Uttar Pradesh 226028, India  
Lat 26.890905°  
Long 81.038376°  
29/01/22 11:43 AM



Hospit  
at Hom



Lucknow, Uttar Pradesh, India  
V2RQ+59J, Khand -2, Kamta, Uttar Pradesh 226028, India  
Lat 26.890901°  
Long 81.038377°  
29/01/22 11:43 AM

  
**PRINCIPAL**  
**BABA EDUCATIONAL SOCIETY**  
**COLLEGE OF NURSING**  
**INSTITUTE OF PARAMEDICALS**  
**56, MATIYARI DEVA ROAD**  
**CHINHAT, LUCKNOW-226028**



GPS Map Camera



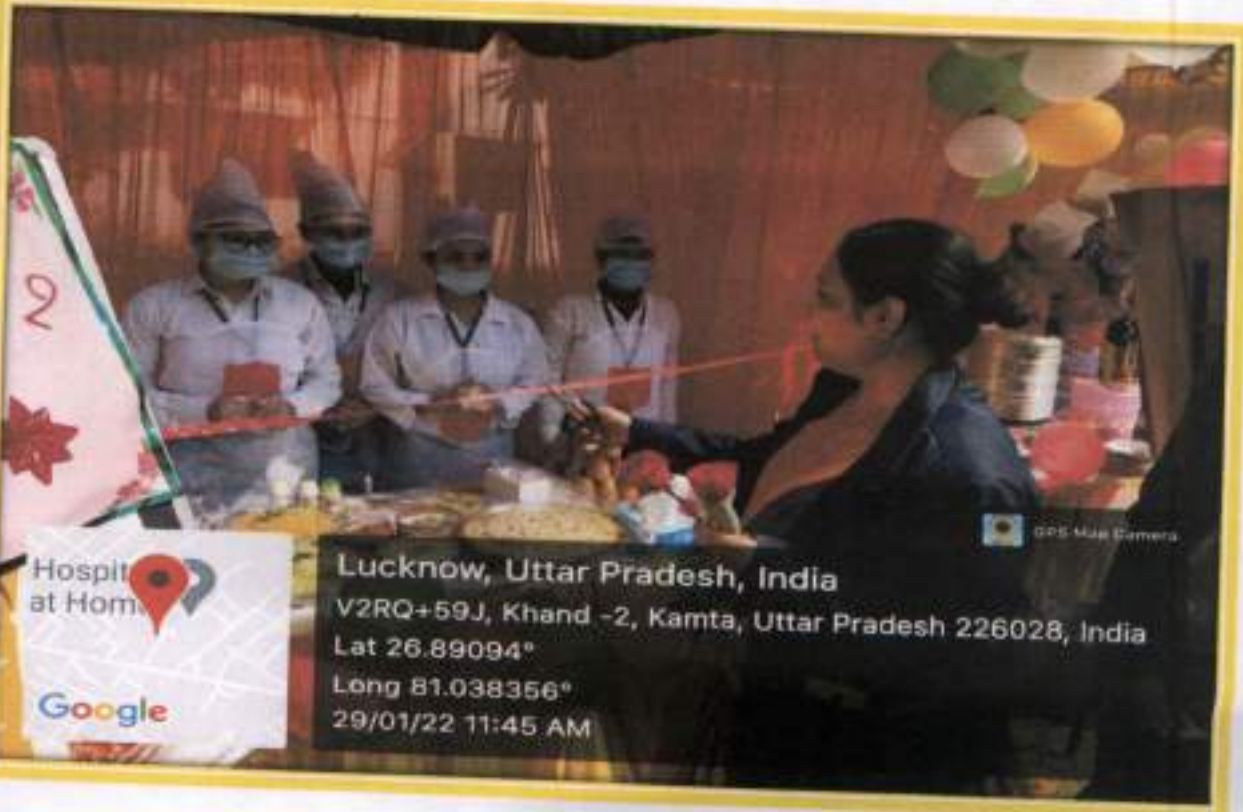
Lucknow, Uttar Pradesh, India

56, Deva Rd, Matiyari, Chinhat, Lucknow, Uttar Pradesh 226028, India

Lat 26.890936°

Long 81.038452°

29/01/22 03:41 PM



GPS Map Camera

Hospital at Home



Lucknow, Uttar Pradesh, India

V2RQ+59J, Khand -2, Kamta, Uttar Pradesh 226028, India

Lat 26.89094°

Long 81.038356°

29/01/22 11:45 AM

**PRINCIPAL**  
**BABA EDUCATIONAL SOCIETY**  
**COLLEGE OF NURSING**  
**INSTITUTE OF PARAMEDICALS**  
**56, MATIYARI DEVA ROAD**  
**CHINHAT, LUCKNOW-226028**

**BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**

56, Matiyari, Deva Road, Chinhat, Lucknow-226028

**Report on Basant Panchami**

**Event name:** Basant panchami  
**Organizer:** Baba Educational Society Institute of Paramedical  
College of Nursing  
**Date:** 5/02/2022  
**Duration:** 1 hour  
**Venue:** College temple  
**Target participants:** Students of College of Nursing  
**Faculty In charge:** Mr. Madan Mohan Gupta, Associate Professor  
Miss Sunita Singh Nursing, Tutor  
Mrs. Priyambda, Nursing tutor  
Miss. Jyoti Shukla, Nursing tutor

**Event Brief & Highlights:**

The auspicious ceremony of Saraswati Pooja was celebrated in our college Baba Educational Society Institute of Paramedical and College Of Nursing, Lucknow on February 5th with great fervor and devotion. Our faculty member's dress color code was yellow on the day of occasion. At 10:00 am, The entire faculty member and all students gathered together at the temple premises to do pooja to Goddess Saraswati.

The Programme was started with Aarti and everyone offered yellow colored flowers to the goddess received blessing from Goddess Saraswati. After that Puspanjali Prasad was distributed among all the people present.

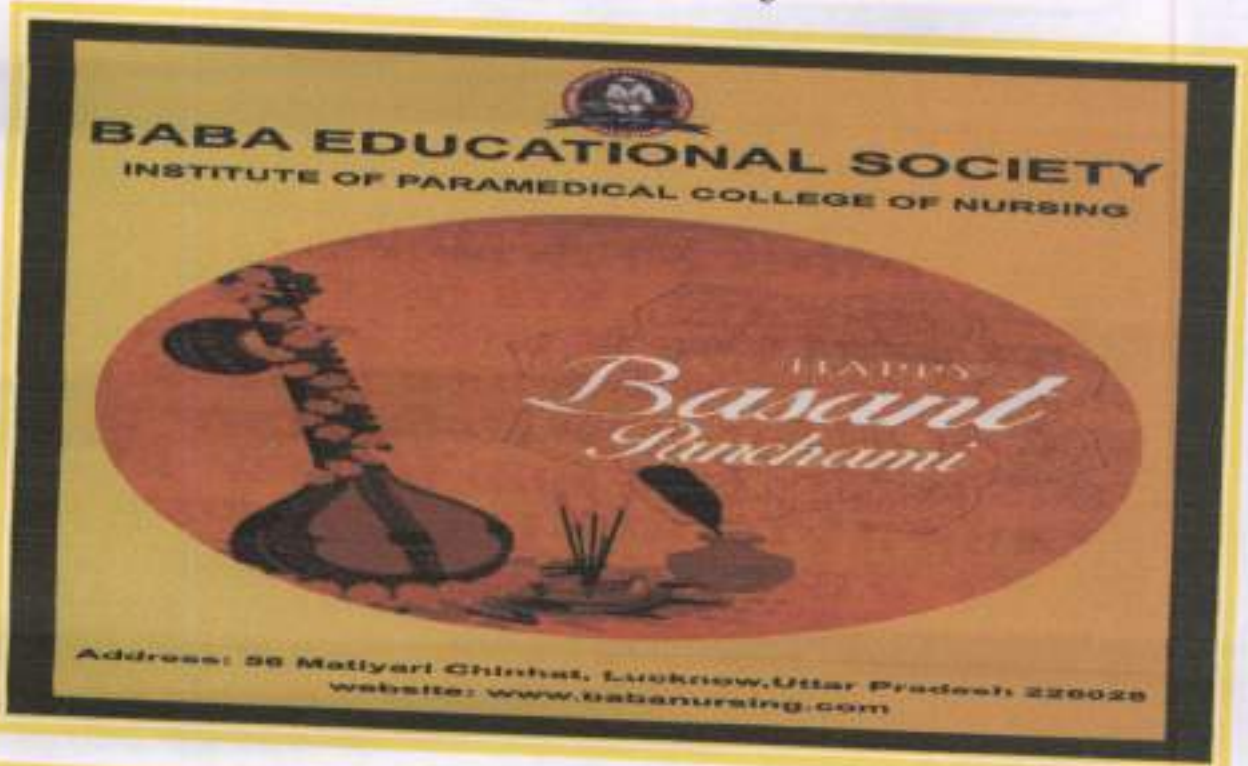
  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



# BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL COLLEGE OF NURSING



Basant Panchami 2022: Basant Panchami is about new beginnings and considered an auspicious day in India. The festival also known as Vasant Panchami is celebrated on the first day of spring and falls on the fifth day of the month of Magha.



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



Lucknow, Uttar Pradesh, India

09, Khand -2, Matiyari, Kamta, Lucknow, Uttar Pradesh 226028, India

Lat 26.890692°

Long 81.038178°

05/02/22 10:21 AM



Lucknow, Uttar Pradesh, India

V2RQ+59J, Khand -2, Kamta, Uttar Pradesh 226028, India

Lat 26.890718°

Long 81.038426°

05/02/22 10:20 AM

PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING

56, Matiyari, Deva Road, Chinhhat, Lucknow-226028

Date: 17/02/2022

**Orientation Report**

**General Details**


**Topic** : Orientation Program  
**Date** : 17/02/2022  
**Time** : 09:00AM -01:00pm  
**Venue** : Conference Hall  
**Speaker** : Mrs. Uma Maheshwari  
**Batch** : B.Sc. Nursing 1<sup>st</sup> Year (2021)

**Orientation Program Details:**

Baba Educational Society Institute of Paramedical College of Nursing has organized an orientation program for the B.Sc. Nursing fresher students (Batch-2021).

A brief introduction about the college of nursing and Baba Hospital has been given by Mrs. Uma Maheshwari, Professor, Baba College of Nursing. She has also introduced the students about the rules and Regulations to be followed in the college campus.

After the program, physical orientation to the college campus and other facilities was given to the students by Ms. Rashmi Rawat, Assistant Professor and Ms. Roopshikha, Nursing tutor Baba College of Nursing.

  
**Signature**

  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



**BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**

**56, Matiyari, Deva Road, Chinhat, Lucknow-226028**

**Orientation Program (17.02.2022)**



**PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINMAT, LUCKNOW-226028**

**Baba Educational Society Institute of Paramedical  
College of Nursing**  
**Report on farewell and fresher's party**

**Event name:** Farewell and Fresher's party  
**Organizer:** Baba Educational Society Institute of Paramedical  
College of Nursing  
**Location:** 56 Matiyari, Deva Road Chinhut, Lucknow  
**Date:** 05/03/2022  
**Duration:** One day  
**Venue:** Auditorium  
**Faculty In charge:** Miss Sunita Singh, Tutor  
Miss Jyoti Shukla, Nursing tutor  
Baba Educational Society Institute of Paramedical,  
College of Nursing, Lucknow.

**Event Brief & Highlights:**

Farewell and fresher party was organized in our college on 5th March, 2022. All the students, faculty members were asked to report to the college auditorium at 11:00 am. The college auditorium was beautifully decorated with balloons and rangoli by the students. The students of last year (B.Sc. Nursing, GNM & ANM) and the student of first year (B.Sc. Nursing, GNM & ANM ) were welcomed with Chandan tika to this party.

Programme started with welcome dance by the B.Sc. Nursing students. It was followed by variety of beautiful dance and song by all students. The first year students (B.Sc. Nursing, GNM & ANM) were given their introduction about themselves in the front of principal, faculty member and all the students. Then, our honorable principal Mrs. Lubna was given memorable gift to first and final year students. Afterwards, farewell student expressed their gratitude towards their beloved teachers and shared their experience in the college. Some students could not stop their tears. Programme ended successfully.

  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



PRINCIPAL  
 BABA EDUCATIONAL SOCIETY  
 COLLEGE OF NURSING  
 INSTITUTE OF PARAMEDICALS  
 56, MATIYARI DEVA ROAD  
 CHINHAT, LUCKNOW-226028



Lucknow, Uttar Pradesh, India

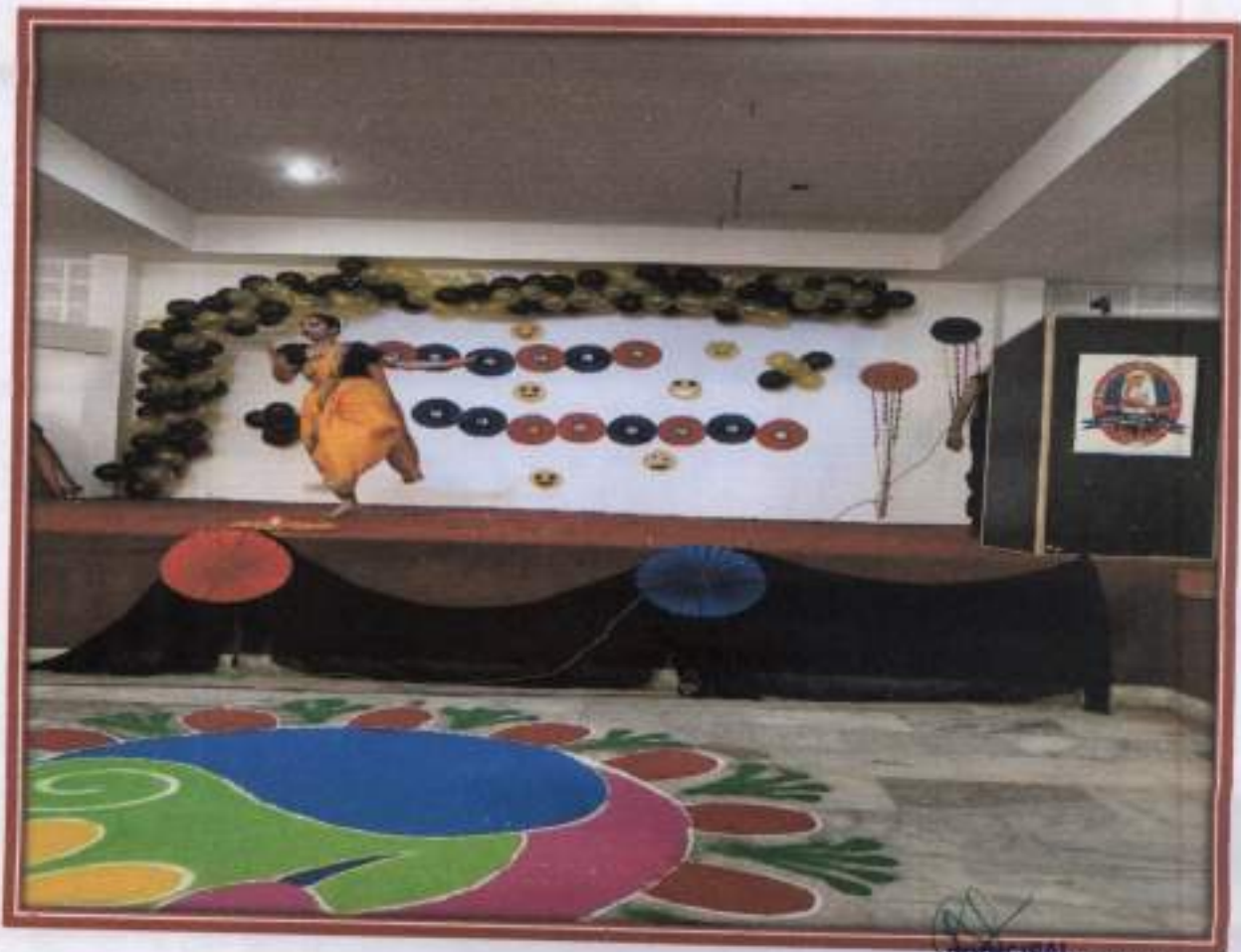
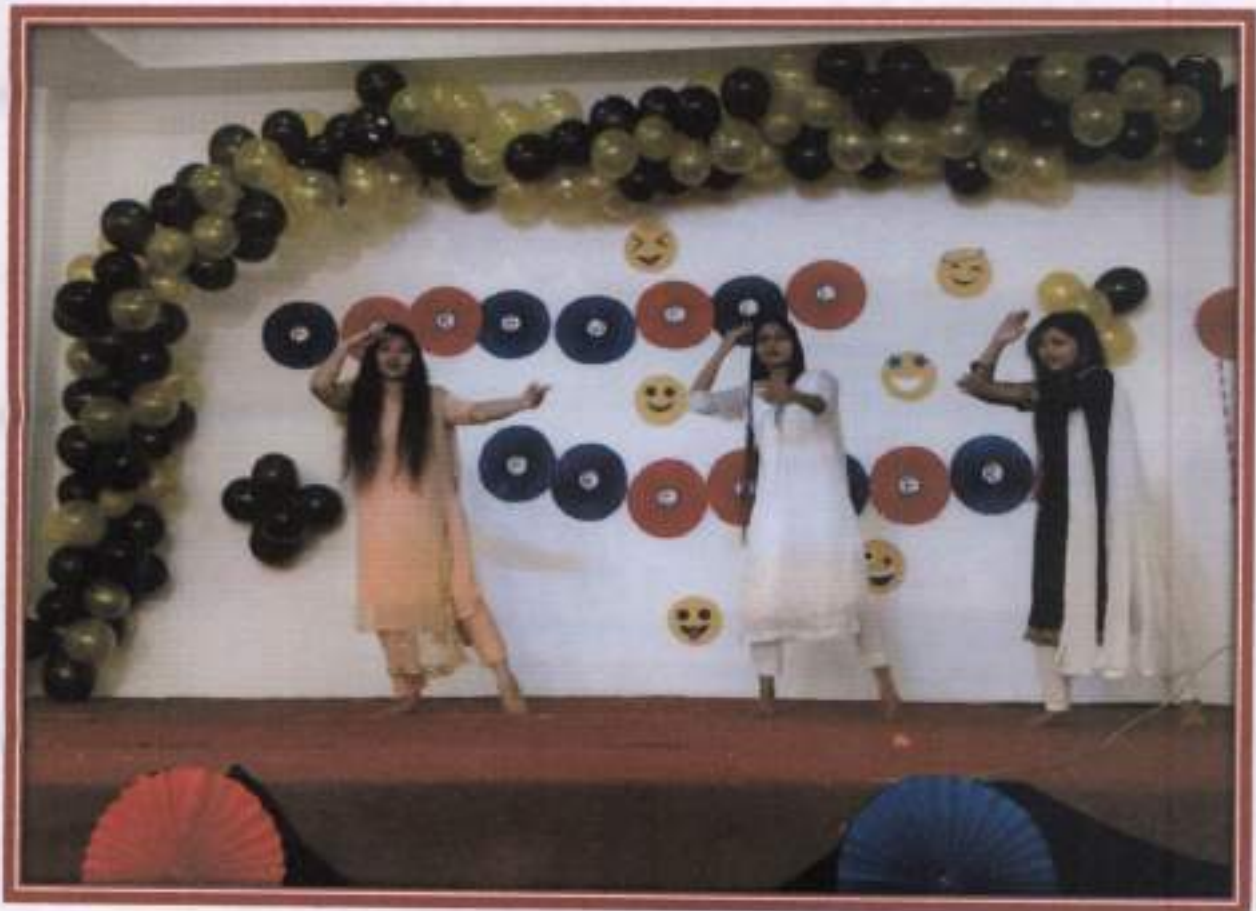
09, Khand -2, Matiyari, Kamta, Lucknow, Uttar Pradesh-226028, India  
 Lat 26.890723°  
 Long 81.038049°  
 05/03/22 01:38 PM



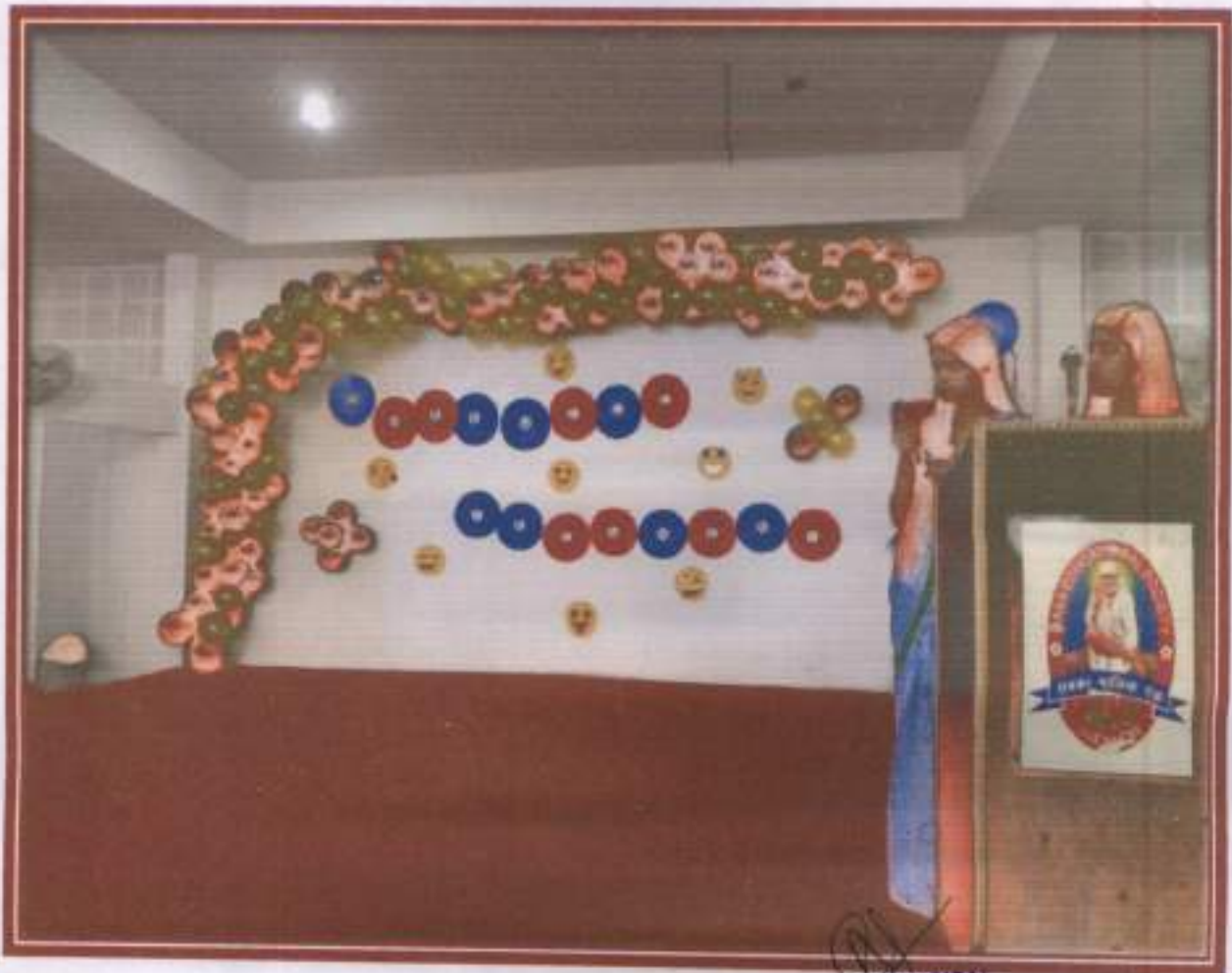
Lucknow, Uttar Pradesh, India

09, Khand -2, Matiyari, Kamta, Lucknow, Uttar Pradesh-226028, India  
 Lat 26.890725°  
 Long 81.038049°  
 05/03/22 01:26 PM

**PRINCIPAL**  
**BABA EDUCATIONAL SOCIETY**  
**COLLEGE OF NURSING**  
**INSTITUTE OF PARAMEDICALS**  
**56, MATIYARI DEVA ROAD**  
**CHINHAT, LUCKNOW-226028**



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
GHINMAT, LUCKNOW-226028



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
50, MATIVARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
GHINHAT, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**

56, Matiyari, Deva Road, Chinhat, Lucknow-226028

**Report on International women's day**

<b>Event name:</b>	International Women's day
<b>Organizer:</b>	Baba Educational Society Institute of Paramedical College of Nursing
<b>Date:</b>	8/03/2022
<b>Duration:</b>	3hours
<b>Venue:</b>	Auditorium
<b>Target participants:</b>	Students of College of Nursing
<b>Faculty In charge:</b>	Mrs. Arti Shrivastav, Associate professor Mrs. Jayana, Associate Professor Miss Sunita Singh, Nursing Tutor Mrs. Priyambda, Nursing tutor Miss. Jyoti Shukla, Nursing tutor

**Event Brief & Highlights:**

The International Women's Day was celebrated in our college, Baba Educational Society Institute of Paramedical College of Nursing on 8<sup>th</sup> March 2022 under guidance of Mrs. Arti Srivastava, Associate Professor. The purpose of celebrating International Women's Day was to raise awareness about the status and dignity of women among the students.

At the beginning, the student performed skit on women empowerment includes protection of women and need of women's education. Also, students performed a dance regarding women empowerment in auditorium.

The speech was given by Ms. Kumkum and Ms. Anjali Yadav student from final year B.Sc. Nursing and posters are also prepared by the students regarding female feticide and gender equality.

Gender equality was highlight under the theme "Gender equality today for a sustainable tomorrow", the celebration came to end with group photo session.

**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

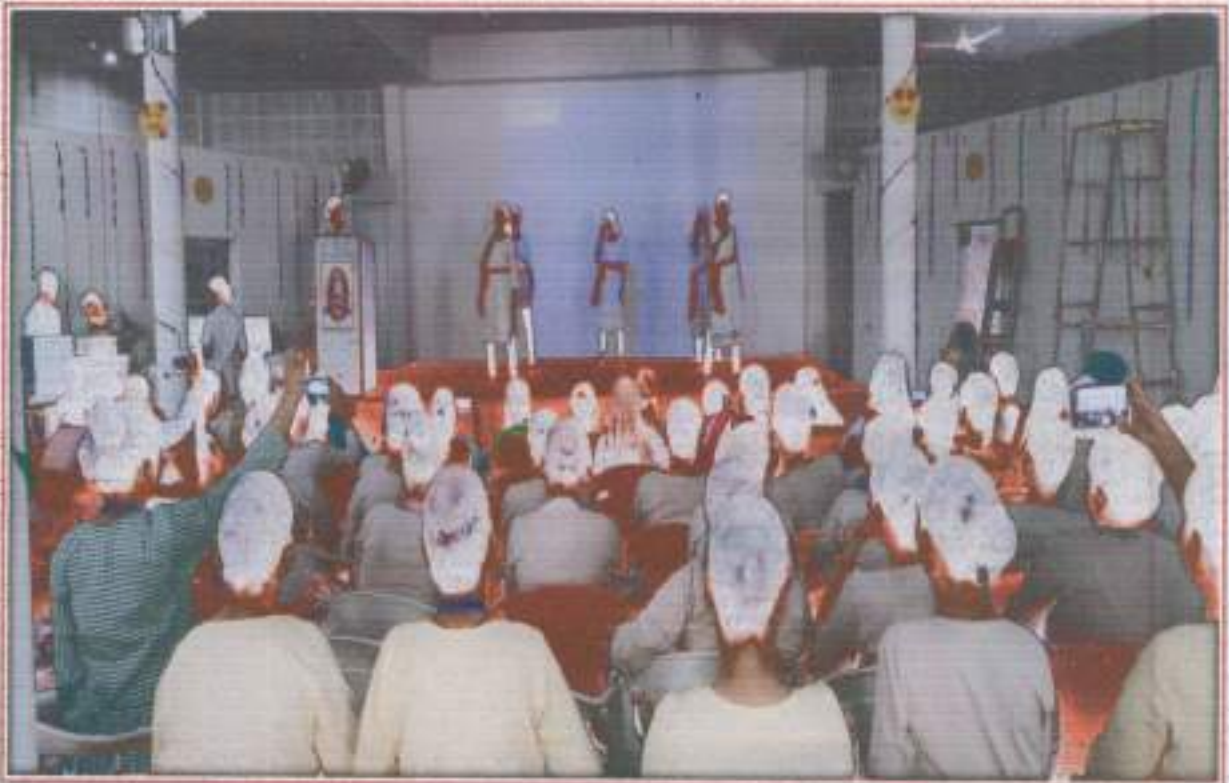




**BABA EDUCATIONAL SOCIETY INSTITUTE OF  
PARAMEDICAL COLLEGE OF NURSING**  
INTERNATIONAL WOMEN'S DAY  
8 MARCH 2022



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
59, MATIYARI DEVA ROAD  
CHINHATI, LUCKNOW-226028



**PRINCIPAL**  
**BABA EDUCATIONAL SOCIETY**  
**COLLEGE OF NURSING**  
**INSTITUTE OF PARAMEDICALS**  
**56, MATIYARI DEVA ROAD**  
**CHINHAT, LUCKNOW-226028**

**BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**

56, Matiyari, Deva Road, Chinhat, Lucknow-226028

**INTERNATIONAL NURSE DAY REPORT**

**Event name:** International Nurse Day  
**Organizer:** College of Nursing, Baba Educational Society  
**Date:** 12-05-2022  
**Duration:** 2 hours  
**Venue:** College Campus  
**Target participants:** Students of College of Nursing  
**No. of participants:** 466  
**Jury member:** Dr. Archana Chauhan, Principal  
**Faculty In charge:** Mrs. Durba Ganguly, Assistant Professor  
Miss. Jyoti Shukla, Nursing Tutor


**Event Brief & Highlights:**

Every year

**WINNERS LIST:**

S.no.	Flower Pot Decoration	DIY Flower Pots Decoration
1	Khusbu Yadav & Kavita Yadav (BSN 4 <sup>th</sup> )	Rekha, Afsana & Purnima (BSN 3 <sup>rd</sup> )
2	Richa Verma (BSN 4 <sup>th</sup> )	Amisha & Sadhana (GNM 3 <sup>rd</sup> )
3	Sabiha & Priyanshi (BSN 1 <sup>st</sup> )	Rekha & Manisha, Shivani Chaubey (BSN 2 <sup>nd</sup> )

Every participant was applauded for actively taking part in the competition. They were motivated for participating in future contests too.

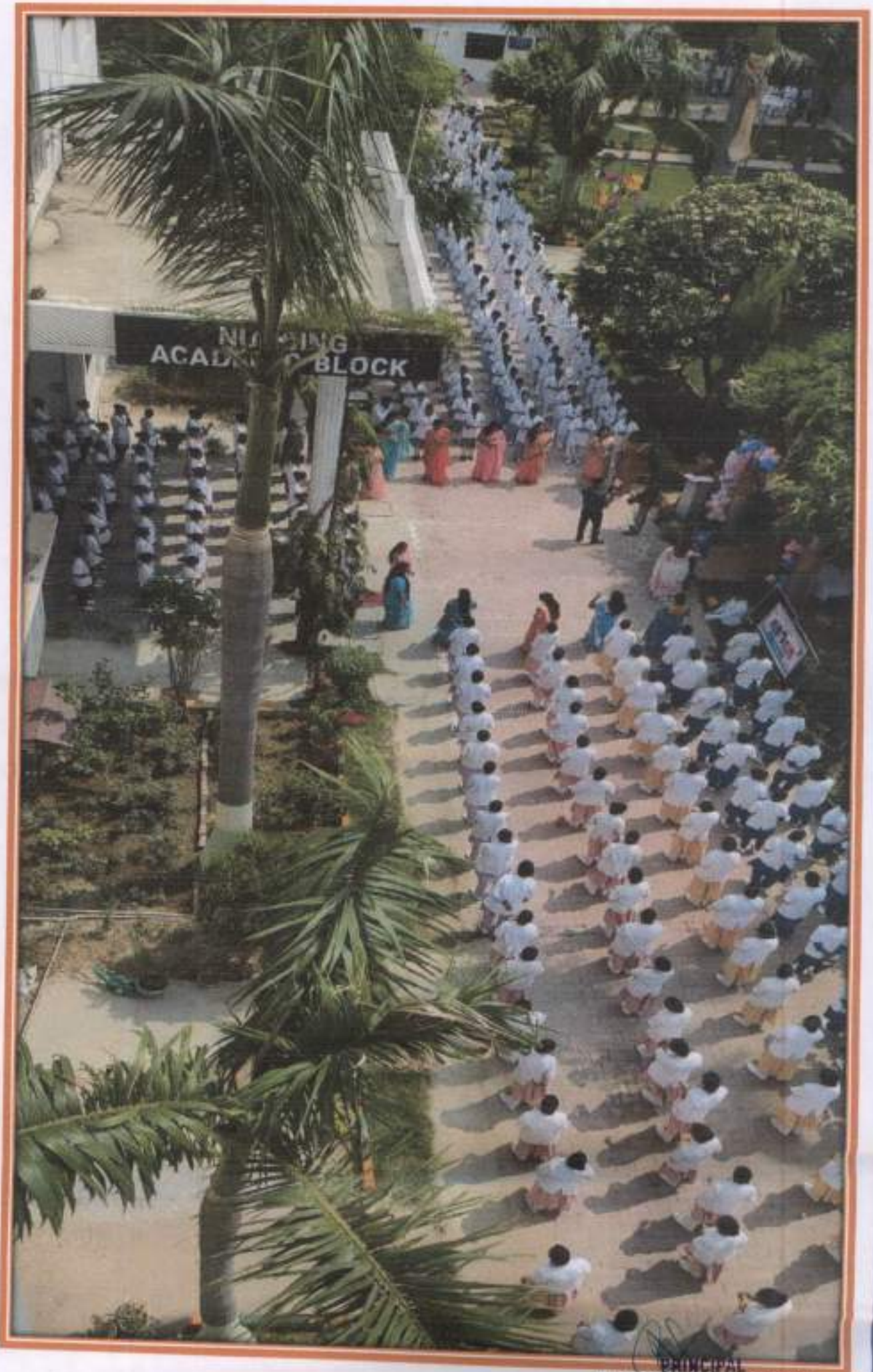
  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



**BABA EDUCATIONAL SOCIETY INSTITUTE OF  
PARAMEDICAL COLLEGE OF NURSING  
INTERNATIONAL NURSES DAY CELEBRATION  
21/05/2022**



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEWA ROAD  
CHINMAT, LUCKNOW-226028



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PHARMACEUTICALS  
56, MATIYARI DEVI, ROAD  
CHINHAT, LUCKNOW-226028



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



## BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL COLLEGE OF NURSING



### YOGA DAY CELEBRATE 21-06-2022

"The theme of **International Yoga Day 2022**: The 8th International Yoga Day 2022 will be celebrated all over the world with the theme 'Yoga for Humanity'. The theme of the 8th International Yoga Day 2022 was announced by 'PM Narendra Modi' in his 'Mann Ki Baat' webinar on 30 May 2022."

Yoga is a priceless gift of ancient Indian tradition. The word "**Yoga**" is derived from the Sanskrit root **Yuj** meaning "to join", "join" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfilment; harmony between human beings and nature, and a holistic approach to health and well-being. Yoga is known for disease prevention, health promotion, and management of many lifestyle disorders.



**BABA Educational Society Institute  
of Paramedical & College of  
Nursing Lucknow**



**International  
Yoga Day**

**21 June  
2022**



**Theme-Yoga for Humanity**

PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



## YOGA POSITION

### BREATHING AWARENESS

Sit with closed eyes, focus on breath for 1 minute then take deep breath and out for 5 Times.

### Warm-up

1. Neck Movement
  - Side to side (5 Times)
  - Up and down ( 5 Times)
2. Finger Movement (Fist forming – 2 steps 10 times each)
3. Wrist rotation (10 clock & anti clock wise)
4. Shoulder —Shoulder rotation (10 clock & anti clock wise)
5. Waist Rotation (10 clock & anti clock wise)
6. Knee Rotation (10 clock & anti clock wise)
7. Ankle Rotation (10 clock & anti clock wise)

### STANDING ASANAS

1. Surya Namaskar ( 11 times)
2. Tadasana (5 Times X 10 second)
3. Trikonasana 2 time each side (Left to right and right to left side stretching)
4. Konasana - Body balancing on one leg (5 Times X 10 second)
5. Baby position -mountain pose stretching and baby position

### SITTING ASANAS

1. Legs- Up and down (10 Times)
2. Head touch to knee and hand touch toe (5 Times)
3. Knee -Chest sitting stretching backward (5 Times)
4. Butterfly ( For 1 minute)
5. Sukasana
6. Om chanting (3 Times)

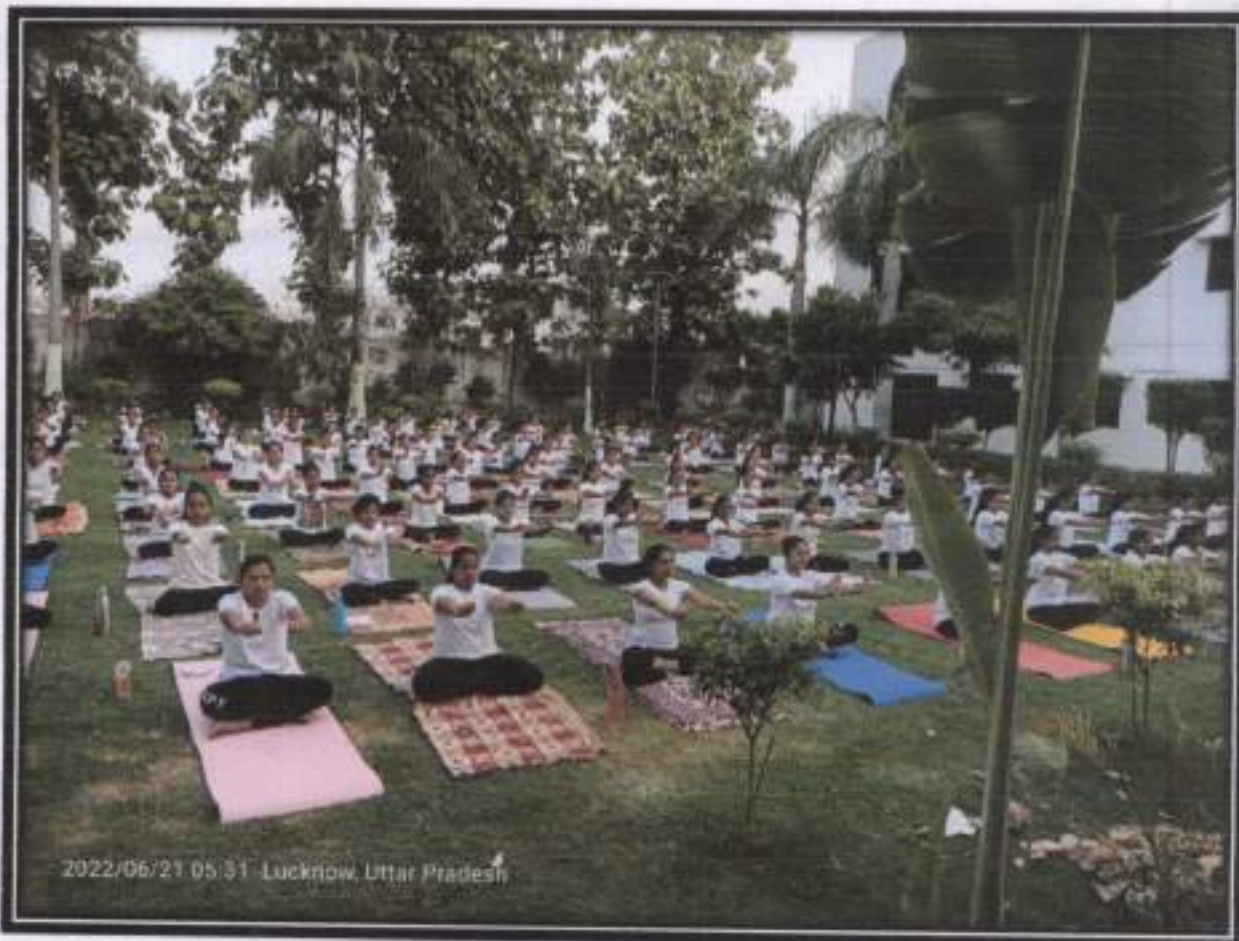
Meditation with song – Sit with closed eyes, focus on breath for 1 minute then take deep breath and out for 5 Times.



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



PRINCIPAL  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



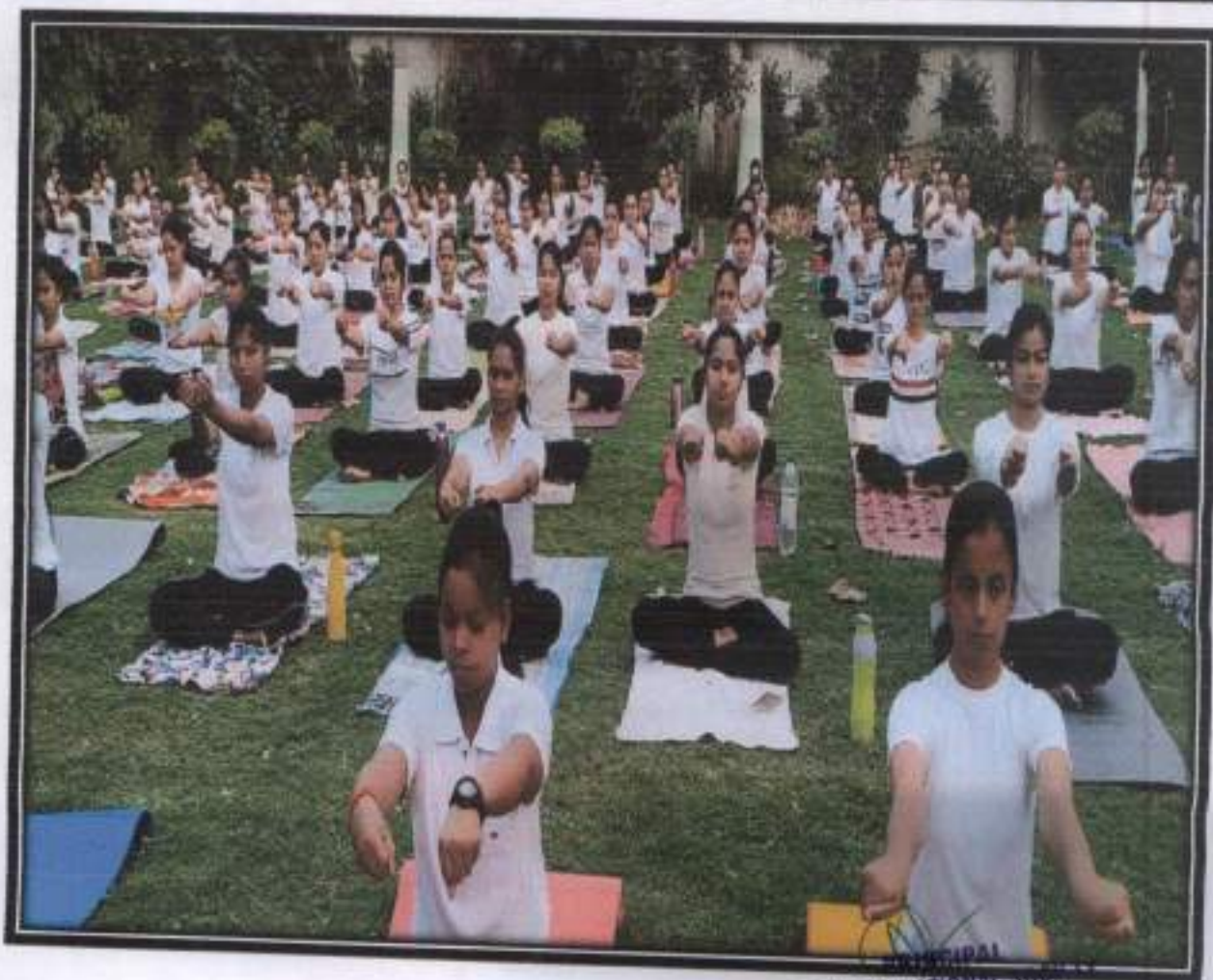
**BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028**



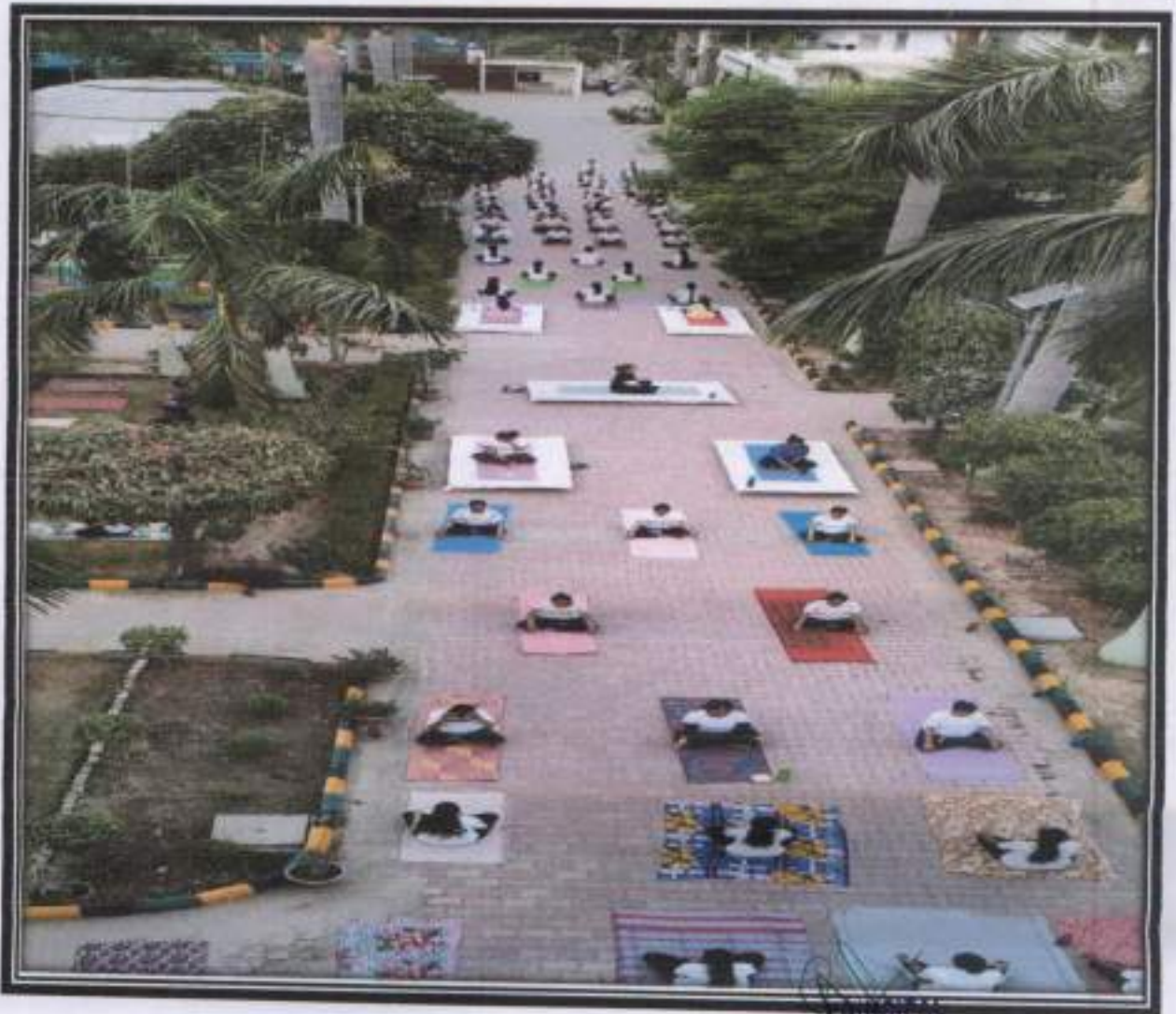
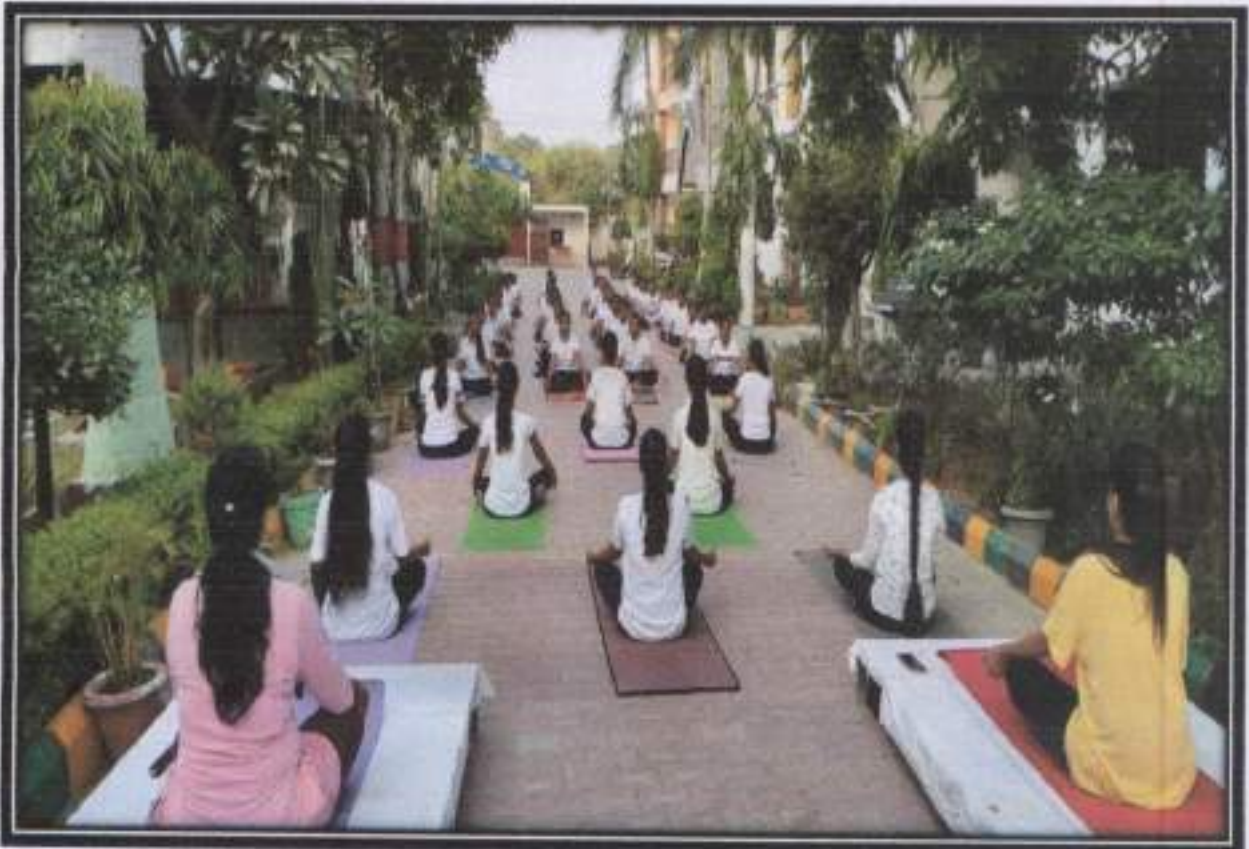
2022/06/21 05:38 Lucknow, Uttar Pradesh



PRINCIPAL  
S.P.C. EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVI ROAD  
CHINHAT, LUCKNOW-226028



BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING



BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
GURUKUL, GURUKUL, GURUKUL



**BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL**  
**COLLEGE OF NURSING**



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS

CHINHAT, LUCKNOW-226028

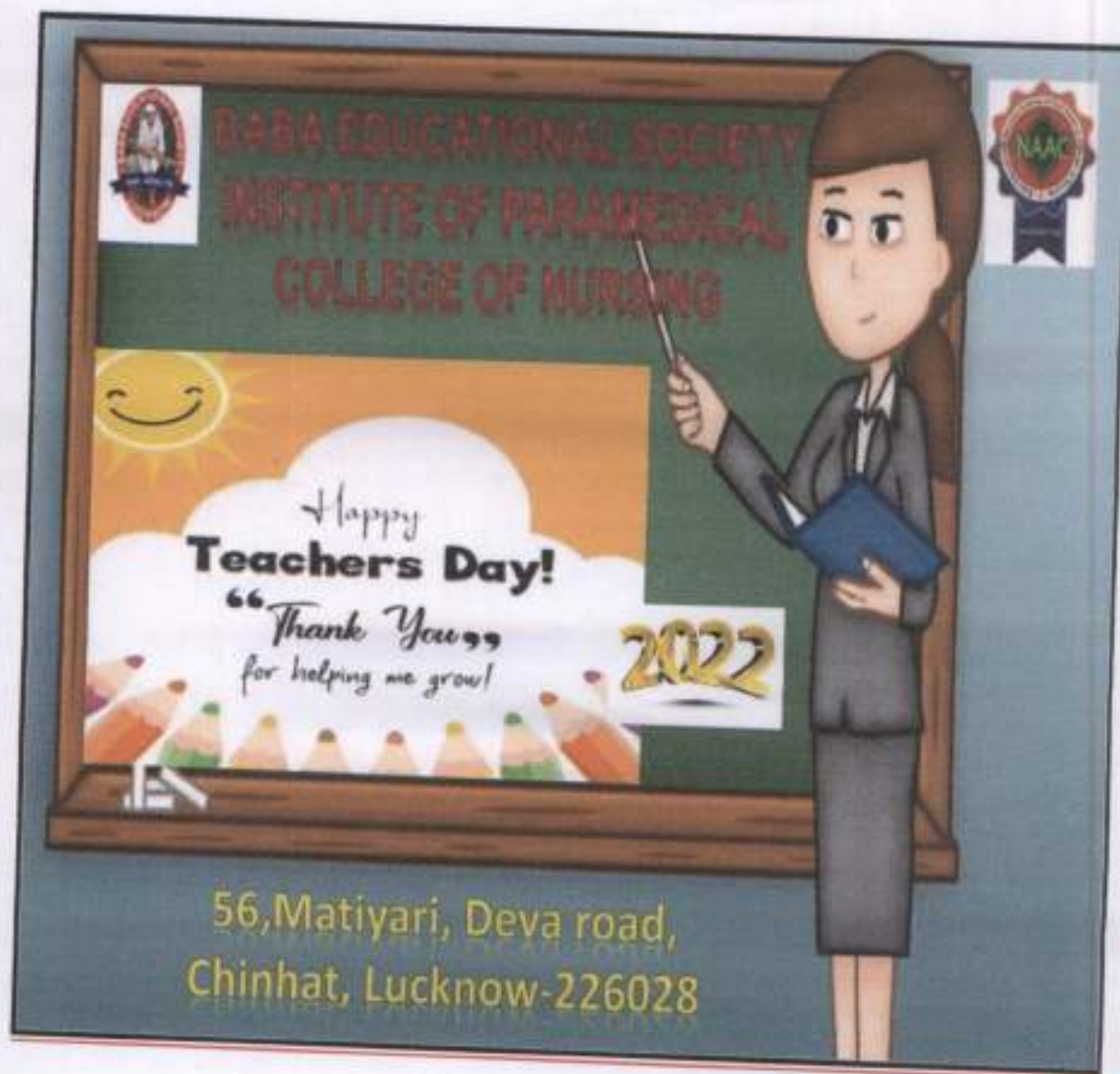




# BABA EDUCATIONAL SOCIETY INSTITUTE OF PARAMEDICAL COLLEGE OF NURSING



**HAPPY TEACHER'S DAY 2022:** World Teachers' Day, celebrated by UNESCO, falls on October 5, but in India, the celebration occurs on September 5 instead. It is a great occasion for the Indians to remember and honour the teachers who have taught us valuable life lessons and helped us in our paths to become knowledgeable and wise.



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



1:33 Lucknow, Uttar Pradesh



19/05 15:00 Lucknow, Uttar Pradesh

PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028



2022/09/05 15:15 Lucknow, Uttar Pradesh



2022/09/05 15:15 Lucknow, Uttar Pradesh

PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEWA ROAD  
CHINHAT, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY  
INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**

56, Matiyari, Deva Road, Chinhat, Lucknow-226028

**REPORT ON DANDIYA NIGHT CELEBRATION**

Event name:	Dandiya Night
Organizer:	Baba College Of Nursing
Date:	01-10-2022
Time:	6 Pm To 9 Pm
Duration:	3 Hours
Venue:	College Campus
Participants:	Students And Faculties Of Baba College Of Nursing
Faculty In- Charge:	Mrs. Durba Ganguly, Asst Professor Mrs. Anjali Chaturvedi, Asst Professor Ms. Navita Kawadkar, Asst Professor Ms. Jyoti Shukla, Nursing Tutor Ms. Pooja Singh, Nursing Tutor

**Event Brief & Highlights:**

On the 1<sup>st</sup> of October, 2022, our college, Baba Educational Society, Institute of Paramedical, College of Nursing, organized Dandiya Night and Raas Garba Event under the supervision of our Principal Mam, Dr. Archana Chouhan.

Celebrating the Hindu deity Shakti, meaning Strength or Power, 'Nava' means 'Nine' and 'Ratri' means nights in Sanskrit. The nine forms of Shakti/Devi are worshipped with Dandiya Raas a traditional folk dance of Vrindavan. Dandiya (the colorful wooden sticks), the costume (chaniya choli) and the dance (Garba) the Navratri combination is incomplete without them. The Dandiya Raas has men and women in two circles, dancing to the beats of the Dhol (drum) with the sticks (dandiya) colliding to produce a uniform sound. The Live orchestra is the real essence of Navratri, with special singers brought in for the occasion. The origin of Garba is for devotional reasons which were performed in honor of Goddess Durga. The dance form is a mock fight between the Goddess and Mahishasura, the mighty demon-king.

The event in our college too was colorful and bright. The entire college campus was decked up with lights and decorated with varieties of festoons. All the teachers and students wore the traditional costume (chaniya/ choli) adding more beauty to the evening. The program started with the Arti of Devi Shakti by our honorable Director Sir, Mr. R.K.

  
**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

Bajpayee. The event was then started with different groups of students performing Garba. The female faculties also presented a beautiful Garba dance together. Later, everybody danced heart fully to the various songs played by the DJ.

The evening ended with the speech by our Principal Mam, who enlightened us about the Shakti present within ourselves, to choose wisely what is right and what is wrong. There was dinner organized for everyone after which all departed.



**PRINCIPAL**  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
53, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY  
INSTITUTE OF PARAMEDICAL,  
COLLEGE OF NURSING**

56 Matiyari, Deva Road, Chinhat, Lucknow- 226028



PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
COLLEGE OF NURSING  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY  
INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING**

56, Matiyari, Deva Road, Chinhat, Lucknow-226028

**REPORT ON DIWALI CELEBRATION**

**Event name:** Diwali Celebration

**Organizer:** Baba Educational Society Institute of Paramedical College of Nursing

**Date:** 21-10-2022

**Duration:** 2 hours

**Venue:** College Garden

**Participants:** Faculties of College of Nursing

**Faculty in-charge:** Mrs. Durba Ganguly, Asst Professor

Mrs. Anjali Chaturvedi, Asst Professor

Mrs. Manila Bibin, Nursing Tutor

Ms. Pooja Singh, Nursing Tutor

**Event Brief & Highlights:**

Baba Educational Society, Institute of Paramedical, College of Nursing, organized a Diwali Celebration on 21<sup>st</sup> of October, 2022. The program started at 4pm in the college garden. The program was inaugurated by our Director Sir, Mr. R. K. Bajpayee. He wished all the faculties for Diwali, burst some fire crackers and enjoyed the feast.

The garden was beautifully lit with lights and tables were arranged for the feast. The female faculties of our college had prepared and brought dishes from home while the male faculties had brought crackers for the evening. All the faculties lighted diyas and burst fire crackers. There were games kept for the faculties, after which everyone had their meal joyously. The program ended with Our Principal Mam, Dr. Archana Chouhan's speech and Diwali greetings.

  
PRINCIPAL  
BABA EDUCATIONAL SOCIETY  
INSTITUTE OF PARAMEDICALS  
56, MATIYARI DEVA ROAD  
CHINHAT, LUCKNOW-226028

**BABA EDUCATIONAL SOCIETY  
INSTITUTE OF PARAMEDICAL  
COLLEGE OF NURSING  
DIWALI CELEBRATION (21.10.2022)**

