



BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006

Report On Mental Health Programme



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Recognised under 2(f) of UGC act 1956
Vilar Road, Thanjavur-613006

PROGRAMME ON MENTAL HEALTH

Organized by YRC

Date: 25.10.25

Time: 11.00 am ~ 12.00 am



Mr. L. Ganaseelan BE., M.Tech.,

Director

Get Start Training Solutions & Consultancy

Dr. K. A. Antonyamy,
Principal,
BSCE,
Will preside.

Rev. Sr. Sandhanamary,
Administrator,
BSCE,
Words of benediction.

Looking forward your gracious presence

By,

*Management, Principal, Teachers, Students,
Scholars and Post-Session Teachers*

AGENDA

- Prayer Song
- Words of God
- Welcome address
- Honouring
- Presidential address
- Chief guest address
- Vote of thanks

Report On Mental Health Programme

To promote emotional well-being and highlight the significance of psychological health among future educators, Bon Secours College of Education's YRC club organised a Mental Health Awareness Programme for the pre-service teachers. The session aimed to create awareness about maintaining a balanced mind, managing stress, and developing a positive attitude towards life and learning. The programme began with a welcome address by the first-year pre-service teacher, Ms. Najwa, followed by a song to invoke God's blessings for a fruitful session. Then the guest was honoured by the head of the institution. Dr.K.A.Antonysamy, Principal, BSCE delivered the presidential address, emphasising the importance of mental health in the teaching profession. He motivated the pre-service teachers to cultivate self-discipline, emotional strength, and mindfulness in their daily lives. The chief guest of the programme, Mr Gnanaseelan, Director of Get Start Training Solutions and Consultancy, Thanjavur, Tamil Nadu a well-known motivational speaker and counsellor, conducted an inspiring and interactive session by using PowerPoint presentations. Through real-life examples, he encouraged the pre-service teachers to understand their innermost thoughts, manage anxiety, and adopt a positive approach to challenges. His talk focused on self-confidence, time management, and

developing healthy relationships to maintain mental peace. His motivational words left a deep impression and were inspiring to prioritise their mental well-being and support others in doing so. The programme concluded with a vote of thanks, which was given by the first-year pre-service teacher, Ms. Subashri, she expressed her gratitude to the chief guest and the organising team for arranging such an insightful and thought-provoking session.

The Mental Health Awareness Programme was indeed a meaningful initiative that helped the pre-service teachers to realise the value of mental health and the role of positive thinking in personal and professional life. All the pre-service teachers and the teacher educators left the session motivated, refreshed, and better equipped to face challenges with confidence and optimism. The programme was co-ordinated by Mrs. T. Rajalakshmi, Assistant Professor in Perspective Education/YRC Coordinator.







Thanjavur, Tamil Nadu, India 🇮🇳

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Lat 10.750233° Long 79.153199°

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