



BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006

INTERNATIONAL YOGA DAY CELEBRATION REPORT



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Nationally Re-Accredited by NAAC with "B++" Grade
Recognised under 2(f) of UGC act 1956
Vilar Bypass, Thanjavur-613006



Cordially invite you to the

International Yoga Day

*Organized by
National Service Scheme (NSS)*

Date: 21.06.2025

Time: 09.00am -10.00am

Venue: College premises

Chief Guest



V.M.ANBU

Professor in Yoga,
Manavalakalai Mandram Trust ,
Thanjavur.



LOOKING FORWARD YOUR GRACIOUS PRESENCE

*By
Management, Principal, Teacher Educators,
Scholars and Para-Professionals Teachers*

AGENDA

- Words of God
- Welcome address
- Honouring
- Presidential address
- Chief guest address
- Vote of thanks
- Hum of Nation

INTERNATIONAL YOGA DAY CELEBRATION REPORT

Date : June 21, 2025

Venue: *Bon Secours College of Education*

Program:

Bon Secours College of Education joyfully celebrated **International Yoga Day** on June 21, 2025, with a series of meaningful activities aimed at promoting holistic well-being among students and faculty members.

The day commenced with an **energizing early morning session at the South Zone Cultural Center at Thanjavur**, where participants enthusiastically engaged in hands-on yoga practice. Under the guidance of yoga trainers, they explored foundational yoga postures and breathing techniques. This outdoor session not only introduced participants to the core principles of yoga but also instilled a sense of calmness, physical awareness, and inner peace.

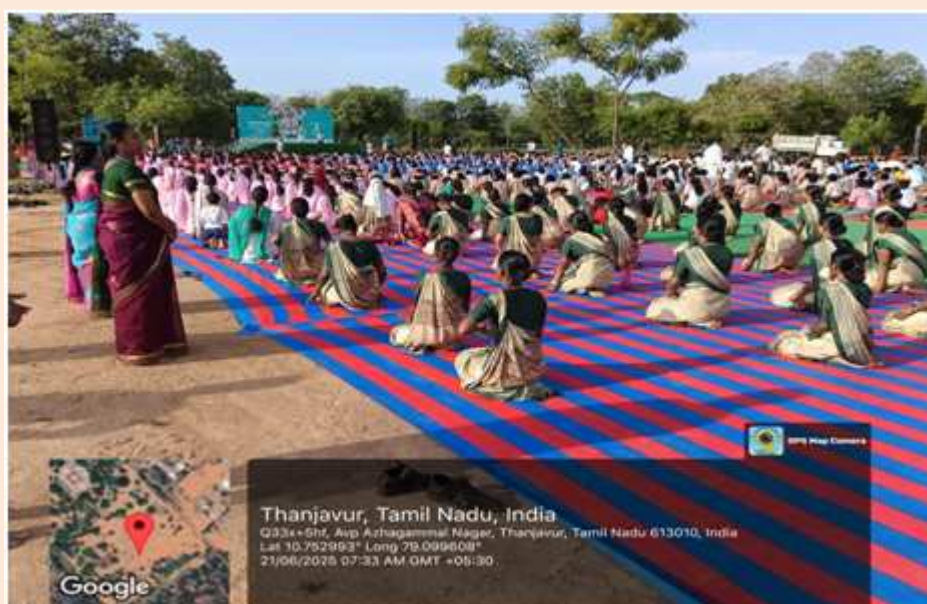
Following the outdoor activity, the celebrations continued at the college's **conference hall** with a formal event. The programme began with a **Presidential Address by Dr. S. Victoria**, who highlighted the profound physical and mental benefits of yoga. Her speech emphasized the relevance of integrating yoga into daily life for improved health and emotional balance.

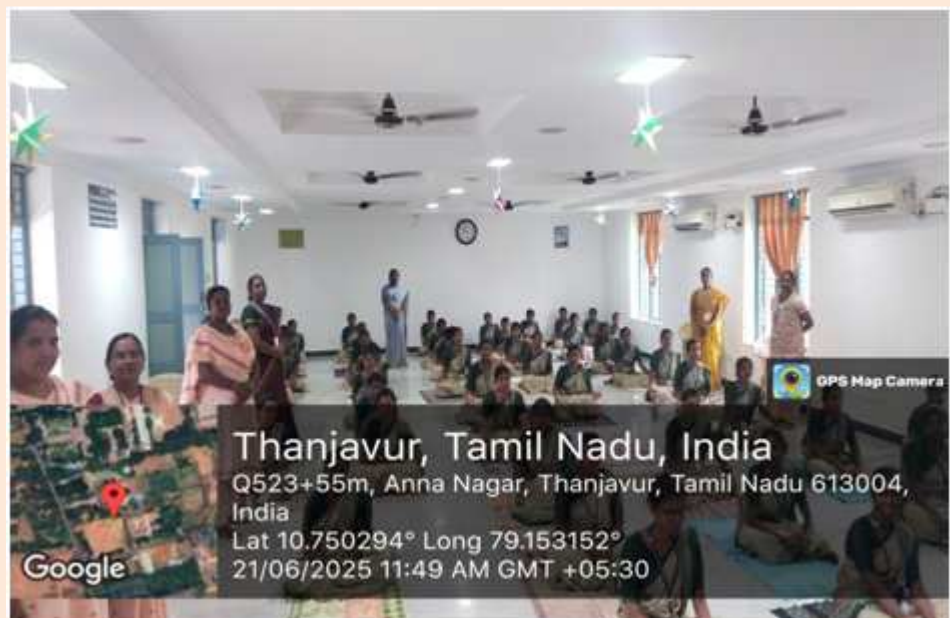
The event was further enriched by the presence of the **Chief Guest, Professor V. M. Anbu**, a renowned Yoga expert from the *Manavalakalai Mandram Trust, Thanjavur*. Professor Anbu delivered an inspiring keynote address, offering deep insights into the transformative nature of regular yoga practice. She emphasized how consistent engagement with yoga can foster harmony between the body and mind, promoting overall well-being and resilience.

The celebration concluded with a **collective yoga session** conducted within the college premises. Participants practiced a series of effective yoga exercises, reinforcing the techniques learned earlier in the day and encouraging a sustained commitment to a healthy lifestyle.

Overall, the **International Yoga Day 2025** celebration at Bon Secours College of Education was a resounding success. It not only fostered awareness of the ancient tradition of yoga but also inspired students and staff alike to incorporate its principles into their everyday lives for a more balanced and health-conscious future.

Prepared by,
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