



BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006

Yoga - add on course report



BON SECOURS COLLEGE OF EDUCATION

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Nationally Re-Accredited by NAAC with "B++" Grade

Recognised under 2(f) of UGC act 1956

Vilar Bypass, Thanjavur-613006

Add on Course- Yoga Valedictory Function

Date : 09.05.2025

Time : 10.00 – 11.30am

Venue : Conference Hall



Arulnidhi.Arokiya Samy,
Chairman,
Manavalakalai Mandram Trust
Thanjavur.



Arulnidhi.Baskaran
Secretary,
Manavalakalai Mandram Trust
Thanjavur.

LOOKING FORWARD YOUR GRACIOUS PRESENCE

*By
Management, Principal, Teacher Educators,
and Pre-Service Teachers*

AGENDA

- Prayer song
- Bhagavad Gita
- Welcome address
- Honouring the chief guest
- Presidential address
- Chief guest address
- Certificate Distribution
- Vote of thanks



Title : Yoga- Add On Course
Date : 09.05.2025
Venue : CONFERENCE HALL

Objective:

“The Purpose of Meditation is, To make our mind calm and peaceful if our mind is peaceful, we will be free from worries and mental discomfort and so we will experience true happiness but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions”.

This program was inaugurated by college principal Dr.K.A.ANTONY SAMY, Yoga valediction means physical, mental, and spiritual, practice that originated in India.

Time: 15 Hrs

Date: 22.05.2025 - 29.05.2025

Program:

The Valediction function of Yoga was celebrated on 09.05.2025 at the conference hall of our college. The program was started with invoking by singing Prayer song sung by our pre-service teachers followed Words of God and then welcome address was given by P. Mariaselvia pre service teacher from Department of English.

The Chief guest Arulnidhi.A.Arockiyasamy Managing Trustee of Tanjai Nagara Manavalakalai Mantra trust and Arulnidhi.Baskaran Assistant Managing Trustee of Tanjai Nagara Manavalakalai Mantra trust were honoured by Principal and gave Presidential address. The Chief Guest Mr.Arulnidhi.A.Arockiyasamy shared about yoga introduction and also benefits, uses, purpose of Yoga course. Arulnidhi.Baskaran shared about teachers can incorporate yoga into their curriculum, creating a positive impact on students overall well-being and academic success. Yoga program include participants sharing their experiences, expressing gratitude to instructors and celebrating the program success. The certificate distribution for the yoga programme. Finally, B.Aswini pre service teacher from Department of Physical science gave a Vote of thanks.

Outcomes:

- It is very useful to the student's physical fitness and mind relaxation.
- It helps them to know about the Yoga benefits and job opportunities.
- It was a chance for the students to know about job vacancies in future due to yoga course.

Prepared by
Mrs.K.Usharani
Program Co-ordinator



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09/05/2025 11:08 AM GMT +05:30



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Lat 10.750286° Long 79.153227°

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