



# BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006

## Inner Enhance Program 2025



### BON SECOURS COLLEGE OF EDUCATION

*Affiliated to Teachers Education University, Chennai*

*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*

**soft skill development programme**

Date: 09.04.2025

Time: 09:30AM

Venue: Conference Hall



**Yuga Charan**

B.Sc, Yoga for human excellence

Master of training, comologist

Founder of TRANZ PRO ACADEMY

***Will be the chief guest.***

**Dr. K. A. Antonysamy,**

Principal,

BSCE,

***Will preside.***



**Rev. Sr. Sandanamary,**

Administrator,

BSCE,

***Words of benediction.***

**LOOKING FORWARD YOUR GRACIOUS PRESENCE**

*By*

*Management, Principal, Teacher Educators,*

*Schools and Pre-Service Teachers*

# Inner Enhance Program 2025

DATE: April 9, 2025

## **OBJECTIVE:**

The Inner Enhance Program aims to foster holistic personal growth by nurturing participants' inner selves. It emphasizes the development of self-awareness, emotional intelligence, and a positive mindset. The program seeks to equip individuals with the tools to cultivate a balanced and fulfilling life, enhancing both personal and professional aspects.

## **PROGRAM:**

The Inner Enhance Program was held on April 9, 2025, at Bon Secours College of Education. The event began with the rendition of Tamil Thai Vazhthu, dignified atmosphere set by the song helped to ground the audience in cultural identity and respect for heritage.

Following this, a prayer song was rendered, creating a serene and reflective ambiance. This spiritual note set the tone for the rest of the day's proceedings. An invocation was then offered, seeking divine blessings for the smooth and successful conduct of the program.

Ms.G.Mohanambal, a Second-year B.Ed. pre-service teacher from the Department of Physical Sciences, delivered the welcome address. In her speech, she warmly welcomed the gathering and emphasized the importance of inner growth as a foundation for overall success and well-being.

Mr.Yuga Charan, Transformation Catalyst and Founder of Tranz Pro Academy, was the chief guest of the session. He took charge of the event and delivered an inspiring and thought-provoking talk. He emphasized the importance of self-love, gratitude towards the universe, and finding happiness by focusing on what we have rather than what we've lost. He highlighted that execution is more crucial than mere planning and stressed the importance of preparing ourselves to receive what we ask from the universe by setting clear intentions and fixing our destination.

Mr. Yuga Charan also spoke about the wonders of the universe, including the value of embracing our failures and recognizing beauty in everything once we begin to appreciate it. He delved into the art of identifying the root cause of pain, the concept of human vibrations and how they influence those around us, and the transformation of thoughts into actions.

Further, he discussed the power of acceptance, the ability to convert anger into positive energy, and the immense potential of the subconscious mind. He shared insights into the human aura, explaining how our presence can extend beyond our physical form. He also clarified the true meaning of ego and how it dissolves when we accept reality. Mr.Yuga Charan concluded by stating that worrying is not the same as thinking, making the overall session an eye-opening and transformative experience.

The program concluded with the distribution of certificates to the students in recognition of their participation. The event officially came to a close with a vote of thanks delivered by Ms. P. Maria Selcia, a second-year B.Ed. pre-service teacher from the Department of English. She expressed heartfelt gratitude to all the dignitaries, organizers, and participants for their valuable contributions and presence.

**Prepared by**

**Dr. A. Jenita Arockiya Mary**

Coordinator, Soft Skills Development Centre

Bon Secours College of Education.





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