



# 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 DAY YOGA - REPORT

**TITLE : International Day of Yoga**

**DATE : 21.06.2024**

### OBJECTIVE:

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga for overall health and well-being and enduring sustainable lifestyle. The United Nations declared June 21 as the International Day of Yoga on December 11, 2014, by resolution 69/131. This initiative was spearheaded by Prime Minister Narendra Modi, who emphasized yoga's benefits for harmony and peace. This year the ministry of Ayush has started organizing various countdown activities all over India for building momentum towards the International Day of Yoga.

The theme of International Day of Yoga was “Yoga for Women Empowerment.”

### PROGRAM:

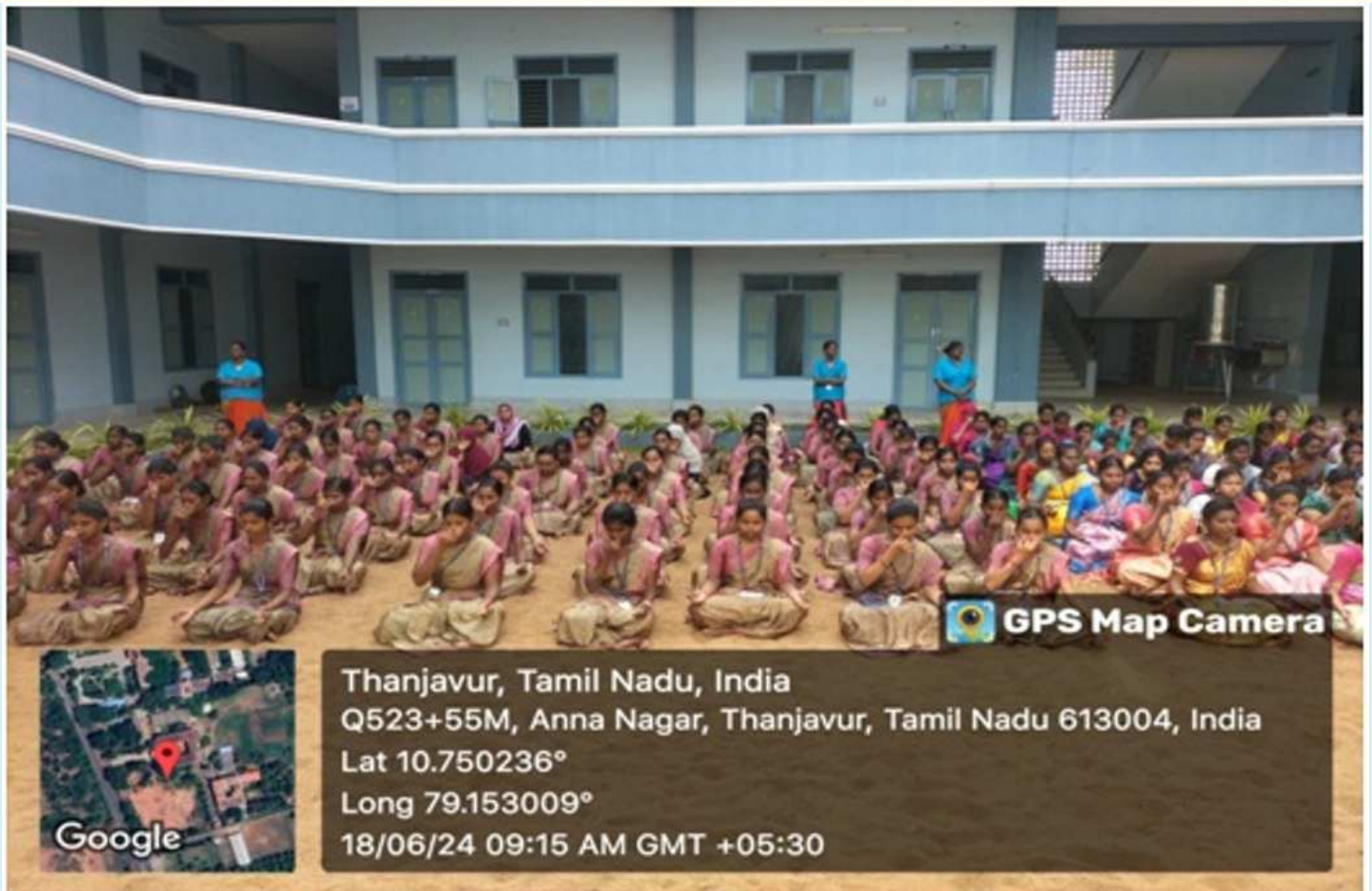
The International Day of Yoga was organized on 21.06.2024. The program started with the invocation of Mother Tamil followed by the prayer song and the words of God. The program was presided by Rev. Sr. Sandanamary, Administrator and Dr. K.A Antony Samy, Principal, Bon Secours College of Education.

Mr. V.M Anbu, Sky professor, Manavalakalai Mandram, Thanjavur, delivered an enlightening session on practicing yoga with demonstration along with its benefits followed by Common Yoga Protocol Practice, 30 members of our college pre Service Teachers were participated on the yoga demonstration held by South Zone Cultural Centre, Thanjavur and received certificates for their participation. They also participated in Yoga Day Mass Demonstration among 7 Volunteers 3 pre service Teachers secured first three prizes. The program of Yoga Demonstration, Yoga Lecture and Poster making competition were also conducted in our college. Finally Vote of Thanks were given by S.Sushmitha Department of Maths.

Program Co-Ordinator ,

Dr.V.Vidhya and.Usharani  
BSCE

# Common Protocol Practice



# Yoga Day Mass Demonstration



# Yoga Day Lecture at Institution



# Yoga Workshops





# Yoga Poster Making Competition



## Yoga Demonstration Competition





# International Yoga Day - 21.06.2024



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Long 79.100203°  
21/06/24 07:42 AM GMT +05:30

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