





BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006



World Health Day report




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

Awareness Programme on
WORLD HEALTH DAY

Organized by
National Service Scheme (NSS), BSCE.




Date : 07.04.2025
Time : 10.00 AM
Venue : Conference Hall



Dr. Jagadeeswari Rajalingam, Bsms.,
Founder of Jagadeeswari
Siddha clinic, Thanjavur.
Will be the chief Guest

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



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

Looking forward your gracious presence
By,
Management, Principal, Teacher Educators,
and Pre-Service Teachers

World Health Day Report

Date : April 7, 2025

Venue: Bon Secours College of Education

Objective

World Health Day is observed globally to raise awareness about critical health issues and to inspire actions that foster better health and well-being. This day promotes the importance of adopting healthy lifestyles, ensuring equitable access to quality healthcare, and reinforcing the significance of robust health systems. Each year, through focused themes, it draws attention to pressing health challenges and encourages collaborative efforts among governments, organizations, and communities to build a healthier, more sustainable future.

Program

The World Health Day celebration at Bon Secours College of Education was celebrated on April 7, 2025, with the solemn rendition of Tamil Thai Vazhthu, creating a respectful and culturally rooted atmosphere for the occasion. Miss Sofia, a second-year B.Ed. pre-service teacher from the Department of Physical Sciences, delivered the welcome address. With warmth and poise, she greeted the gathering and underscored the significance of inner growth as a cornerstone of holistic well-being and personal success.

The presidential address delivered by Dr.A.Jenita Arockia Mary Assistant Professor, who praised the spirit of the day and the importance of nurturing both mental and physical health. An evocative mime performance by second-year pre-service teachers followed, creatively portraying the grave issue of drug addiction. Through powerful expressions and gestures, the performers highlighted the root causes and detrimental effects of substance abuse on individual and societal health.

The session's chief guest was Dr.Jagadeeswari Rajalingam, BSMS, Founder of Dr. Jagadeeswari Siddha Clinic, Thanjavur, delivered a thought-provoking keynote address. In her session, she elaborated on the multidimensional concept of health emphasizing physical, mental, and social well-being. She further advocated for a balanced lifestyle, stressing the importance of nutritious food, regular physical activity, adequate sleep, and effective stress management. Her insights reflected the core philosophy of holistic healing rooted in Siddha medicine.

Dr. Jagadeeswari concluded with a powerful message: "Good health is the foundation of a happy, fulfilling life." The program drew to a close with a gracious vote of thanks by Ms.Jacintha, a second-

year B.Ed. pre-service teacher from the Department of English. She expressed sincere gratitude to all the dignitaries, organizers, and participants for their enthusiastic involvement and contributions to the success of the event. The programme was coordinated by Dr.V.Vidhya Assistant Professor/Programme Officer - NSS, BSCE.

Prepared by

Dr. Vidhya

NSS Coordinator

BSCE



