



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 : 12.04.2024

Time : 10.00 – 11.30am

Venue : Conference Hall



Shri.A.Arokiya Samy,
Chairman,
Manavalakalai Mandram Trust
Thanjavur.



Shri.P.Rajendran,
Secretary,
Manavalakalai Mandram Trust
Thanjavur.

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,
and Pre-Service Teachers

TITLE: Yoga- Add On Course

DATE: 12.04.2024

VENUE : CONFERENCE HALL

OBJECTIVE:

“The ultimate goals of yoga are in stilling the young minds and gaining insight, resting detached awareness and liberation (Moksha) from samsara and dhukha a process leading to unity (Akiyam)with the divine (Brahman)or with the one’s self (Atman).This goal varies by philosophical system”

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

TIME: 15 Hrs

DATE: 25.03.2024 to 05.04.2024

PROGRAM :

Our Bon Secours College of Education had organized Yoga Add On Course from 25.03.2024 to 05.04.2024.The Valediction Function of Yoga was celebrated on:12.04.2024 at the conference hall of our college. The program was started with an invocation by singing a Prayer song by our pre-service teachers followed by Words of God .Welcome address was delivered by the Department of Physical science G.Mohanambal

The Chief guest Arulnidhi. A.Arockiyasamy was honoured by Dr.K.A.Antonyssamy Principal BSCE gave Presidential address and Chief GuestMr.Arulnidhi. A.Arockiyasamy shared about yoga its origin a benefits ,uses ,Purpose of Yoga course. and also motivated students about extra curricular activities. Yoga course is useful for the students in future job. The certificate distribution for the yoga programme .Finally A.Suji Angel from Department of History delivered a Vote of Thanks.

OUTCOMES:

- It was very useful to the student’s physical fitness and mental relaxation.
- It helped them to know about the benefit of yoga and job opportunities.
- It was a wonderful opportunity for the students to know about job vacancies relatedto yoga .

Program Co-ordinator,
Mrs.K.Usharani.
Assistant Professor in Commerce
BSCE



