

75
Azadi Ka
Amrit Mahotsav

Y20
2023 INDIA



International Yoga Day - 2023

**Bon Secours Arts and Science College for Women
NSS Unit - 032
&**

Nehru Yuva Kendra - Dindigul

Cordially Invites You

Date : 21.06.2023

Time : 10.00 am - 11 am

Venue : Bon Secours College

Chief Guest

Saran V Gopal

**District Youth Officer, Nehru Yuva Kendra,
Dindigul.**

Presides by

Rev.Sr.Sirumalar

Principal I/C

Exercise by

Mrs.S.Gomathi

**Asst.Prof of Yoga, Arivuthiru Kovil,
Dindigul.**



BON SECOURS ARTS AND SCIENCE COLLEGE FOR WOMEN
(Affiliated to Mother Teresa Women's University)
Madurai Road, Begambur (P.O), Dindigul-624002

A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

On 21st June 2023 International Yoga Day was celebrated in our college, was organised by National Service Scheme. The aim of the event was to create awareness among the students about the importance of Yoga. The programme started sharply at 10.00am at the auditorium of the college.

The programme commenced with a prayer song by our college choir followed by the welcome address proposed Ms.M.Vennila, Head, Department of English and NSS Programme officer. Our college Principal Rev.Sr.Sirumalar, I/C presided over the function and she delivered the Presidential Address and she enhanced her points to motivate the students by doing Asanas. Then our chief guest, District Youth Officer, Nehru Yuva Kendra, Mr.Saran V Gopal, was honoured and he gave Special Address on the importance of Yoga. He also enlightened the students about the inner and physical peace. After that Mrs.S.Gomathi, from Arivuthiru Kovil taught the student to practice several Asanas and guided them to do it in a right way. The event was a huge success and students realized the importance of yoga. Finally the vote of thanks was proposed by Dr.A.Josephine Celine Mary, Head Department of Tamil and the event came to an end with the College Anthem.

PHOTOS OF INTERNATIONAL YOGA DAY

