

# International Yoga Day

The International Yoga Day was celebrated with lot of energy and enthusiasm by the students of our college. There were two functions organized simultaneously in two different halls in the college campus with two different mediation groups namely Heartfulness Meditation and Bramakumari Rajayoga meditation. The celebration at Pope Francis Hall was led by Brahmakumari Rajayoga Meditation team led by Mrs.Suseela from Vaniyambadi Unit of Brahmakumaris.

The programme started with the Tamil Thai Vazhthu. Dr. M.AntonyArockiasamy the programme officer welcomed the gathering and introduced the chief guest. Rev.Fr.Praveen Peter the Vice- Principal honoured the resource person with a shawl and narrated the importance of Yoga in our life. He also asked the students to learn this art and get the body and mind fit.

In her key note address the chief guest of the day Mrs.Suseela Brahmakumari trainer started with the knowledge of mind, heart and body. She interacted with the students and engaged them in the discussion of mind and body. She exhorted the students to participate actively in any physical activity so that the mind gets fresher. At the end of the session the chief guest conducted a session of Raja Yogam of Bramakumaris. At the end of the meditation two students gave feedback and clarified doubts with the guest. Around 200 students and staff participated and benefitted from the new meditation technique. The programme concluded with national anthem.



