Report of LCE Programme for the Website

Details of the Programme/Activity:

Name of the Programme/Activity:	**International Yoga Day -2025 "Yoga: A path to inner discovery"**
Date of the Programme/Activity:	**20th June 2025**
Time of the Programme/Activity:	**2.00 pm**
Target Audience of the Programme/Activity:	**B.Ed. Student Teachers**
No. of participants in the Audience:	**115**
Objectives of the Programme/Activity:	**1.Promote Physical and Mental Well-being** To encourage future Teachers to adopt yoga as a daily practice for maintaining physical fitness and mental calmness. **2.Stress Management for Future Teachers** To provide strategies for managing academic and professional stress through yoga and mindfulness techniques. **3.Cultural and Value Education** To foster appreciation for Indian traditions and inculcate values like discipline, patience, and harmony through yoga practice. **4.Promote Healthy Lifestyle Habits** To encourage students to adopt a balanced lifestyle and avoid sedentary habits. **5.Highlight the Role of Yoga in Education** To show how yoga can be used as a pedagogical

	tool for improving concentration, emotional regulation, and behaviour in students.
Name of the Resource Person/Chief Guest:	**Dr. J Jain Shanthini,** **Directress in Physical Education,** **Stella Matutina College of Education, Chennai.**
Brief note about the Resource Person/Chief Guest:	**Dr. J. Jain Shanthini** is the Physical Director at Stella Matutina College of Education, Chennai. She is a dedicated professional known for her commitment to promoting physical education and wellness among students. With extensive experience in sports and fitness training, Dr. Shanthini plays a pivotal role in encouraging holistic development and healthy lifestyles in the academic community. Her leadership and expertise contribute significantly to the college's emphasis on physical health and extracurricular activities.
Few insights given by the Resource Person/Chief Guest (2 lines max.):	Yoga is often seen to build physical fitness and flexibility but at its core, yoga is a journey inward. Through the practice of asanas (postures), we learn discipline and strength. Through pranayama (breathing techniques), we regulate our energy and calm the mind through meditation.
Learning Outcomes of the Programme/Activity:	The event left a long-lasting impression on all participants. Many students and attendees expressed their desire to incorporate yoga into their daily routine, not just as exercise but as a personal practice of self-awareness and balancing emotions. **Learning outcomes:** • Yoga is not just about flexibility of the body, but also of the mind and emotions.

	• Regular practice leads to better focus, improved emotional regulation, and stronger resilience. • It fosters a connection between the individual and the universe, creating space for inner healing and peace.
Feedback Analysis	<table><tr><th>Parameters</th><th>Result (in %)</th></tr><tr><td>1.Effectiveness</td><td>88</td></tr><tr><td>2.Knowledge Gained</td><td>87</td></tr><tr><td>3. Organization</td><td>87</td></tr></table>
Overall Impact of the Programme/Activity:	**87.3% - Excellent**
Any other remarks on the Programme/Activity:	**The programme was very useful in gaining knowledge about Yoga and its importance to lead a stress-free life.**

Details of the Committee which organized the event:

Name of the Committee:	**Yoga Club**
Name of the Organizer:	**Mr.J. Arul Martin**
Name of the Co-organizers:	**Ms .R .Sridevi** **Dr. E .Karthikeyan** **Dr. V .Ajantha**

_____

Signature of the Principal   **Signature of the Organizer**

LOYOLA COLLEGE OF EDUCATION

Accredited (3rd Cycle) at 'A' Grade By NAAC
Recognized by NCTE & Affiliated to TNTEU
Nungambakkam, Chennai- 600 034

YOGA CLUB

observes

INTERNATIONAL YOGA DAY – 2025

"Yoga : A path to inner discovery"

📍 **Arrupe Auditorium**

20 - June 2025 @ 2 p.m.

Resource Person
Dr.J.JAIN SHANTHINI

Directress in Physical Education
Dean of Student Affairs
Stella Matutina College of Education
Ashok Nagar, Chennai

Patron
Rev. Dr. Alponse Manickam SJ,
Secretary

Convenor
Dr. L. Kulandai Theresal
Principal

Members
Ms. R. Sridevi
Dr. E. Karthikeyan
Dr. V. Ajantha

Organizer
Mr. J. Arul Martin

Student Coordinators
Sai Kumar . M
Rahini.R

INTERNATIONAL YOGA DAY_2025
"YOGA: PATH TO INNER DISCOVERY"