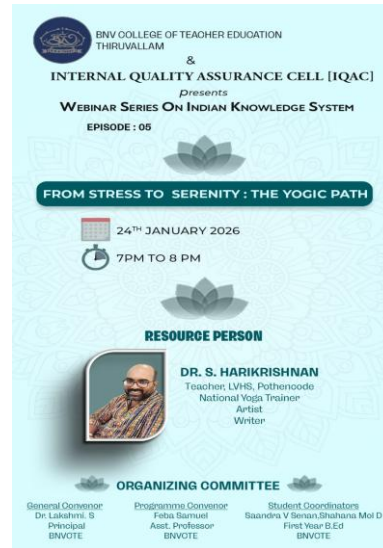


BNV COLLEGE OF TEACHER EDUCATION THIRUVALLAM

REPORT ON WEBINAR SERIES



The webinar series is being organised by B.N.V. College of Teacher Education, Thiruvallam, in collaboration with the Internal Quality Assurance Cell (IQAC). Episode five of the webinar series was conducted on January 24, 2026, from 7:00 p.m. to 8:00 p.m. The fifth episode of the webinar, titled “From Stress to Serenity: The Yogic Path,” focused on the importance of yoga and meditation in managing stress and attaining mental well-being.

The resource person for the session was Dr. S. Harikrishnan, Teacher at LVHS, Pothencode, and a National Yoga Trainer, who is also an artist and writer. The programme was convened by Dr. Lakshmi S., Principal, with Mrs. Feba Samuel, Assistant Professor, as the Programme Convener. The student coordinators for the programme were Saandra V Senan and Shahana Mol D, First Year B.Ed.

The programme was hosted by Surabhi S., a First Year B.Ed student, who handled the anchoring and gave a brief introduction to the session. Before the formal commencement of the webinar, Mrs. Feba Samuel, Assistant Professor, delivered the welcome speech, warmly welcoming the resource person and the participants.

During the session, the resource person spoke in detail about stress, its causes, and the relevance of yogic practices in daily life. He explained how yoga, as part of the Indian Knowledge System, helps in maintaining physical, mental, and emotional balance. The session was informative and engaging, providing valuable insights into achieving inner peace through yogic practices.

The most interesting part of the webinar was the practical session on “Panchakosha Meditation.” The resource person guided the participants through a short meditation practice, which helped them experience relaxation and effective stress relief. The meditation session made the webinar more interactive and meaningful.

Towards the conclusion, the session became interactive, with participants actively engaging in the discussion. The programme concluded with the Vote of Thanks delivered by Shahana Mol D, expressing gratitude to the resource person, organisers, and participants.

Photos from the Session

