



SRI RAMAKRISHNA MISSION VIDYALAYA COLLEGE OF EDUCATION

(An Autonomous College Affiliated to the Tamil Nadu Teachers Education University and

Re-accredited with A++ Grade by NAAC with CGPA 3.82)

Sri Ramakrishna Vidyalaya Post, Coimbatore - 641 020.

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Personality Development Programme for the Children at Government Observation Home, Coimbatore

Objectives of the Course

- To develop social skills and emotional stability.
- To foster mental health and hygiene.
- To make students know about self-awareness, life skills, and soft skills development.

Resource Person Detail

1. Swami Narayananandaji Maharaj
Secretary,
Sri Ramakrishna Mission Vidyalaya,
Institute of Agriculture and Rural Development,
Coimbatore - 20
2. Dr. S. Swaminathan,
Librarian,
Sri Ramakrishna Mission Vidyalaya College of Education,
Coimbatore - 20
3. Dr. R. Ayyappan
Assistant Professor in Physical Science,
Sri Ramakrishna Mission Vidyalaya College of Education,
Coimbatore - 20.
4. Dr. S. Sivasankar
Director of Physical Education,
Sri Ramakrishna Mission Vidyalaya College of Education,
Coimbatore - 20
5. Dr. N.N. Prapakaran
Coordinator,
Department of Extension Services,
Sri Ramakrishna Mission Vidyalaya College of Education,
Coimbatore - 20

6. Dr. J.B. Chandra Sekar
Assistant professor,
Department of Social Works,
Sri Ramakrishna Mission Vidyalaya College of Arts and Science,
Coimbatore - 20
7. Dr. C. Elan Chelian
Assistant professor,
Department of Social Works,
Sri Ramakrishna Mission Vidyalaya College of Arts and Science,
Coimbatore - 20
8. Sri. P. Rajavel
Multi-tasking staff,
DDU Kaushal Kendra
Sri Ramakrishna Mission Vidyalaya College of Arts and Science,
Coimbatore - 20
9. Dr. T. Thangamani
Assistant Professor
Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education,
Coimbatore - 20.
10. Dr. K. SatheeshKumar
Teacher
Sri Ramakrishna Mission Vidyalaya Swami Sivananda Higher Secondary
School, Coimbatore - 20
11. Sri K.Daththathreyan
Teacher,
Sri Ramakrishna Mission Vidyalaya TAT Kalanilayam
Coimbatore - 20

Beneficiaries

Total number of beneficiaries - 30

Description about the Programme

Sri Ramakrishna Mission Vidyalaya College of Education organised Yoga and Personality Development Programme for the children at Government Observation Home, Coimbatore through the Department of Extension Services of our college. The programme was scheduled from 12.01.2022 to 11.04.2022 to offer Inspirational Talks, Yoga, Meditation, Games and Therapeutic Recreation classes to the children.

Outcomes of the Programme

- Participants experienced improved physical and mental well-being through yoga, fostering a sense of inner peace and balance.
- The programme contributed to positive changes in behaviour and character development among the children, promoting qualities like discipline, self-control, and empathy.
- Yoga practices helped the children manage stress and anxiety, equipping them with valuable coping strategies for challenging situations.
- Through personality development sessions, participants gained self-confidence and a sense of empowerment, enhancing their readiness for reintegration into society.

Personality Development Programme



Inaugural



Motivational Talk



Motivational Talk



Yoga



Recreation Games



Vote of Thanks