



MCE NEWSLETTER

MUSLIM COLLEGE OF EDUCATION

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INTERNSHIP FOR B.Ed. Students

B.Ed. students went for their internship from 1st August, 2019 to 10th December, 2019.

INDEPENDENCE DAY 15/08/2019

On August 15, 2019, Muslim College of Education celebrated Independence Day, to pay tribute to the nation and freedom fighters of India. It is a remarkable day when we honor and respect all our freedom fighters who fought for India's freedom.

The celebrations started with flag hoisting by our Secretary, Lion. Dr. H. Mohamed Ali, followed by the National Anthem and a parade by NCC students. Principal Dr. V. S. Pramod delivered an inspiring speech. The program continued with cultural programs.

The program concluded with a vote of thanks, and sweets were distributed to all the students and staff members.





PTA GENERAL BODY MEETING AND ORIENTATION PROGRAMME FOR THE YEAR 2019 – 2020

PTA General Body meeting and orientation programme for the year 2019 – 2020 was held on 21/08/2019 in the seminar hall from 10.00 a.m. to 1.00 p.m.

The meeting launched by imploring the Divine blessings and Tamil Thai Vazhthu. Principal Dr. V. S. Pramod welcomed the gathering.

The presence of the parents in large number was very encouraging.

The meeting strengthened the bond between the management, parents and the teachers. The election for new office bearers for the year 2019 – 2020 was conducted. The meeting ended with a positive note singing National Anthem and after the meeting, parents met the Teachers and interacted.

WORKSHOP ON YOGA 26/08/2019 to 31/08/2019

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by [resolution 69/131](#).

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: “Yoga is an invaluable gift from our ancient tradition.

Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature.”

Muslim College of Education organized one week Workshop on Yoga programme for the students in the seminar hall from 26/08/2019 to 31/08/2019. Students participated with full interest, enthusiasm and eagerness.

Every day the session began by seeking the blessings of the Almighty. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujangasana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done.

Principal Dr. V. S. Pramod conveyed the importance of making yoga an integral part of our daily life by extending the practice

of yoga beyond the mat. Each day the session concluded with an interactive session between the instructor and the students in which the queries of the students were addressed satisfactorily. The one-week programme was very refreshing, reviving and relaxing.

