



# BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006

## Fit India Week Celebration Report 04-12-2023 to 09-12-2023



### BON SECOURS COLLEGE OF EDUCATION

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Recognised under 2(f) of UGC act 1956

Vilar Bypass, Thanjavur-613006

### FIT INDIA WEEK CELEBRATION

4.12.2023 - 9.12.2023

Jointly Organized by

RRC, YRC & NSS

### PROGRAMME SCHEDULE

Day One - Monday - (4.12.2023)

Yoga,  
chess, Carom,  
Indigenous Games

Day Two - Tuesday - (5.12.2023)

AIDS Awareness

Day Three - Wednesday - (6.12.2023)

Pledge, Rally, Poster making

Day Four - Thursday - (7.12.2023)

Cycling, Quiz, Running Race

Day Five - Friday - (8.12.2023)

Elocution, Essay Writing

Day Six - Saturday - (9.12.2023)

Debate

### VALEDICTION

## AGENDA

- Invocation of Mother Tamil
- Welcome address
- Honouring
- Presidential address
- Keynote
- Special address
- Awareness Programme
  - Pledge
  - Speech
  - Mime
  - AV Show
- Vote of thanks
- Hum of Nation



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Cordially invite you to the

**VALEDICTION OF**

**FIT INDIA WEEK CELEBRATION (FIWC-2K23)**

4.12.2023 - 9.12.2023

Jointly Organized by

NSS & YRC

**Date: 9.12.2023 | Time: 10.00 am | Venue: AV Hall**

**Dr.R.Tamizhadiyan** ,

Asst. Professor in Tamil,  
Kandamalai Nachiyar  
Govt. Women's Arts and Science College,  
Thanjavur

**Will be the Chief Guest**

**Mrs. Suganya Swaminathan ,M.A.**

Diploma Yoga Teacher Training,  
Zumba Instructor,  
Proprietary of Zai Ladies Fitness,  
Thanjavur

**Will be the Guest of Honour**

**Dr. K. A. Antonyyamy,**

Principal,  
ESCE,

**Will preside**



**Rev. Sr. Sandanamary,**

Administrator,  
ESCE,

**Words of benediction**

**Dr. S. Victoria,**

Vice Principal,  
ESCE,

**Keynote Address**

**Mrs.T.Rajalakshmi,**

Asst. Professor YRC Co-Ordinator,  
ESCE,  
FIWC-2K23 Co-Ordinator.

**Dr.V.Vidhya,**

Asst. Professor YRC Co-Ordinator,  
ESCE,  
FIWC-2K23 Co-Ordinator

**LOOKING FORWARD YOUR GRACIOUS PRESENCE**

By,

Management, Principal, Teacher Educators, and Pre-Service Teachers

## AGENDA

- Prayer Song
- Words of God
- Welcome address
- Honouring
- Presidential address
- Report Presentation
- Keynote address
- Certificate distribution
- Chief guest address
- Vote of thanks



**DATE: 04.12.2023 – 09.12.2023**

**OBJECTIVE:**

“FITNESS IS ZERO PERCENT INVESTMENT WITH INFINITE RETURNS”

**PROGRAM:**

Fit India movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.

The aim was to develop the sports quotient among all to achieve a healthy life style and healthy hygiene that alters the behaviour from “Passive screen time” to Active body time”.

In our institution, Bon Secours College of Education, all our pre-service teachers actively participated in the different activities proposed by our university as per the schedule.

**DAY 1: 04.12.2023**

Fit India Week celebration was inaugurated by our chief guest Mr. P.S. Moorthy, sky Professor, Tanjai Nagara Manavalakalai Mandra Trust, and Thanjavur. On this day, the event "Yoga for all" in which our I-year B.Ed., pre-service teachers did yoga including various Asanas, and were explained about the correct techniques of holding breathe and importance of the asanas.

**Day 2: 05.12.2023.**

On the second day, we conducted events like indoor games which include chess, carom, and also the traditional indigenous games.

**Day 3: 06.12.2023.**

The NSS unit of our college organised a rally along the college road to spread awareness amongst public regarding the Anti-tobacco. The rally was presided by our college Vice - Principal Dr.S.Victoria. The volunteers carrying the banners and pluck cards with the message and slogans regarding avoid the use of tobacco. On the same day, the pre-service teachers took participation in the poster-making event. They made attractive posters on the theme fit India. They also expressed their views on Health and fitness through different slogans.

**Day 4: 07.12.2023**

The event started with a oath taking ceremony that embarked the spirit of being healthy and hygienic. Followed by the Pledge, Cycling and Running competition was organised. Mr. Ravi, P.E.T Master. St. Joseph's Matric Hr. sec. school,Thanjavur took over the event successfully. Then Health and Fitness quiz competition was conducted for our pre-service teachers. They participated and were able to get insights to Health and hygiene facts through informative quiz.

**Day 5: 08.12.2023.**

The elocution competition was conducted and the participants participated with confidence. The outstanding features were the competitors by their excellent presentation of speech on Essay writing competition was also organised. Our pre-service teachers put their best effort to write essay thoughtful and informative on the topic “Health is Wealth” and "Prevention is better than cure".

**Day 6: 09.12.2023**

On the final day of the Fit India week celebration, we conducted a Debate competition. The ain of organising debate competition was to hone the public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions. The topic for the debate is "Healthy living is being supported either by Exercise? or by medicine?". The event was judged by Dr.R.Tamizhadiyan, Asst. Prof in Tamil, Kundavai Nachiyar Govt. Women's Arts College, Thanjavur .The competition was interesting with the exchange of students perspectives by equally stating the healthy life that is lead only by doing exercise and by taking medicine. Followed by the debate," Zumba exercise “a

fitness exercise that gets aerobic and anaerobic benefits that maintains a good cardiovascular respiratory system. It helps us de-stress. Mrs. Suganya, Zumba Women Fitness centre, Thanjavur, took over the session with full enthusiasm.

Over all the Fit India week celebration was overwhelming to witness great involvement of our pre- service teachers and their participation was truly commendable.

Prepared by  
Mrs.T.Rajalakshmi  
Asst.Prof in Computer Science / YRC co-ordinator  
Dr.V.Vidhya  
Asst. Prof in Education / NSS co-ordinator

# FIT INDIA WEEK CELEBRATION

## Day 1 – Morning Session



## Day 2 – Morning Session





## Day 3 – Morning Session



## Day 4 – Morning Session



## Day 4 – Afternoon Session





## Day 5 – Morning Session



## Day 6 – Morning Session



# Day 6 – Afternoon Session

