



# BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006

## REPORT OF FIT INDIA WEEK CELEBRATION



### BON SECOURS COLLEGE OF EDUCATION

*(Affiliated to Teachers Education University-Chennai)*

*Nationally Re-Accredited by NAAC with "B++" Grade*

*Recognised under 2(f) of UGC act 1956*

**Vilar Bypass, Thanjavur-613006**

*Cordially invite you to the*

**Inauguration of**

**FIT INDIA WEEK CELEBRATION**

**Jointly Organized by CRC, RRC, YRC & NSS**

**Date: 02.12.24 to 07.12.24 Time: 11 am Venue: Conference Hall**

**Mr. P. S. Moorthy,**

Sky Professor,

Thanjai Nagara Manavalakalai Mandra Trust,

Thanjavur.

**Will be the Chief Guest**

**Dr. K. A. Antonysamy,**

Principal,

BSCE,

**Keynote Address.**



**Rev. Sr. Sandanamary,**

Administrator,

BSCE,

**Wards of benediction**

**Looking forward your gracious presence**

**By,**

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



# REPORT OF FIT INDIA WEEK CELEBRATION

**DATE:** 2nd December 2024 – 7th December 2024

## **OBJECTIVE:**

- Spread awareness about fitness among students, parents, teachers, and educational institutions
- Encourage people to take the initiative to get active
- Promote fitness as easy, fun, and free
- Encourage indigenous sports
- Make fitness accessible to every school, college, university, panchayat, and village

## **PROGRAM:**

The Fit India Week Celebration was organized at Bon Secours College of Education from 2nd December 2024 to 7th December 2024, promoting health, fitness, and well-being among pre-service teachers. The week-long program featured a variety of activities aimed at fostering physical fitness, mental agility, and a healthy lifestyle.

### **02.12.2024: Inauguration and Yoga Session**

The Fit India Week celebration was inaugurated by **Mr.P.S.Moorthy**, SKY Professor from **Tanjai Nagara Manavalakalai Mandra Trust, Thanjavur**. The inaugural session included the event “**Yoga for All**”, where all pre-service teachers performed yoga asanas under expert guidance. The significance of correct breathing techniques and the benefits of various asanas were explained to create awareness about the holistic benefits of yoga.

### **03.12.2024: Oath Taking and Competitions**

The second day Programs commenced with an **Oath-Taking Ceremony** emphasizing the importance of health and hygiene. This was followed by a **Pledge** to stay fit and an **Essay Writing Competition** on themes like "Fitness for Health." Pre-service teachers actively participated and exhibited their creativity and knowledge. The winners were announced immediately after the competition, encouraging participants further.

### **04.12.2024: Indoor and Traditional Games**

The third day highlighted the significance of mental activities through events such as **chess**, **carom**, and **traditional indigenous games**. These activities given an insight to the value of leisure and the importance of strategic thinking and relaxation.

### **05.12.2024: Kho-Kho Game**

The fourth day featured the outdoor game **Kho-Kho**, which fostered teamwork and agility among the participants. The event was coordinated successfully by **Mrs.N.Baby Shalini**, Physical Directress of Bon Secours College for Women, ensuring an engaging and spirited session.

## **06.12.2024: Poster-Making Competition**

On the final day, pre-service teachers participated in a **Poster-Making Competition** on the theme “Fit India.” The posters, adorned with creative designs and impactful slogans, exhibited their understanding of health and fitness. The competition was judged by **Mr.M.Singaravadivalan**, Regional Health Supervisor,Vallam Region, Thanjavur, who appreciated the efforts and creativity of the participants.

### **Conclusion**

The Fit India Week Celebration concluded successfully, with higher the rate of possible impact among the pre-service teachers. The week activities inspired them to incorporate fitness actives in their daily routines and highlighted the importance of a balanced and healthy lifestyle.

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

The one week events were coordinated by Mrs. S. Lakshmi Asst Professor in Tamil /CRC Co-ordinator Mrs.T.Rajalakshmi Asst Professor in Education / YRC Co-ordinator and Dr.V.Vidhya Asst Professor in Education / NSS Programme officer BSCE.

Prepared by  
Mrs.T.Rajalakshmi  
Asst.Prof in Education / YRC co-ordinator  
Mrs. S. Lakshmi  
Asst Professor in Tamil /CRC co-ordinator  
Dr.V.Vidhya  
Asst. Prof in Education / NSS co-ordinator











Thanjavur, Tamil Nadu, India  
Q523+55m, Anna Nagar, Thanjavur, Tamil Nadu 613004,  
India  
Lat 10.749644° Long 79.15305°  
05/12/24 11:07 AM GMT +05:30



Thanjavur, Tamil Nadu, India  
Q523+55m, Anna Nagar, Thanjavur, Tamil Nadu 613004,  
India  
Lat 10.749835° Long 79.153006°  
05/12/24 10:51 AM GMT +05:30



## **BON SECOURS COLLEGE OF EDUCATION**

*(Affiliated to Teachers Education University-Chennai)*

*Nationally Re-Accredited by NAAC with "B++" Grade*

*Recognized under 2(f) of UGC act 1956*

**Vilar Bypass, Thanjavur-613006**

**Cordially invite you to the**

### **VALEDICTION OF**

**FIT INDIA WEEK CELEBRATION (FIWC-2K24)**

**2.12.24 - 7.12.24**

**Jointly Organized by NSS&YRC**

**Date: 06.12.24 Time: 10 AM Venue: Conference Hall**

**M.Singaravadiyalan**

**Regional Health Supervisor,  
Thanjavur,**

**Will be the chief guest.**

**Dr. K. A. Antonysamy,**

**Principal,  
BSCE,**

**Will preside.**



**Rev. Sr. Sandanamary,**

**Administrator,  
BSCE,**

**Words of benediction.**

**Looking forward your gracious presence**

**By,**

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











GPS Map Camera



Thanjavur, Tamil Nadu, India  
Q523+55m, Anna Nagar, Thanjavur, Tamil Nadu 613004,  
India  
Lat 10.750204° Long 79.153243°  
06/12/24 11:28 AM GMT +05:30

Google