



BON SECOURS COLLEGE FOR WOMEN

Nationally Accredited With 'A' Grade By Naac

(Affiliated To Bharathidasan University, Tiruchirappalli)

(Ugc Recognised By 2(F) And 12 (B) Institution)

Vilar Bypass, Thanjavur-613 006, Tamilnadu



WORLD YOGA DAY

Date: 21.06.2016

Venue: Sesqui centenary Auditorium..

Topic: WORLD YOGA DAY

Objectives

To enhance physical and mental fitness.

To prepare the students to make yoga as the regular practice

Report

Rotaract Club of Bon Secours College for Women Thanjavur, organized for students yoga programming in commemoration of world yoga day. The Students participated in the programme Gnanshree Assistan.Professor, Department of chemistry delivered welcome address.

Rev. Dr.Sr.Victoriya principal delivered the presidential address. Mr. Manimaran, chairman of Rotaract Club was the Chief guest. Ms. Padma Priya, volunteer Esha yoga participated. The students were trained in doing breathing exercise, pranayama. The programme ended with a vote of thanks by Tmt. B.Anuratha Assistant professor, Department of Tamil.

Outcome:

Improves body posture and good flexibility.

Acquire knowledge on yogasanas for physical and mental fitness.







BON SECOURS COLLEGE FOR WOMEN

Nationally Accredited With 'A' Grade By Naac
(Affiliated To Bharathidasan University, Tiruchirappalli)
(Ugc Recognised By 2(F) And 12 (B) Institution)
Vilar Bypass, Thanjavur-613 006, Tamilnadu



CLEANING OF SOMANATHAN POND

Date: 08.03.2017

Venue: Pattukottai by pass

Topic: Cleaning the Somanatha pond

International women's day is celebrated on the 8th of March every year around the world. It is aimed to stress the social, economic, cultural, and political achievements of women.

Report:

The programme took place at Somanatha pond near pattukottai bypass to uproot the Karuvelam trees. The members of RRC, YRC, NSS, all part V members took active part in the programme. Besides our Rotaract students cleaned the college campus with great efforts.

A.A. Nakkeeran, District Principal judge, Thanjavur, and the A. Annadurai. I.A.S. inaugurated the programme. In his speech Annadurai highlighted the importance of women in society and motivated the students to take active part in all fields and shine wherever they are rooted. He narrated the proverb "The hand that rocks the cradle rules the world". The program ended by a short prayer by M. Sindhiya Asst. prof of English.

OUTCOME:

The staff and students by cleaning the Somanathan pond tried to take steps to preserve the environment and planned for various such activities in days to come.

