



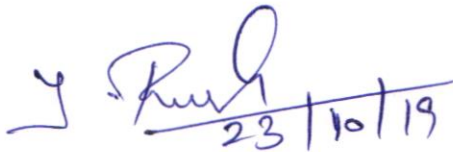
ST. ANNE'S
COLLEGE OF ENGINEERING AND TECHNOLOGY
(AN ISO 9001:2015 CERTIFIED INSTITUTION)
ANGUCHETTPALAYAM, PANRUTI – 607 106.

CIRCULAR
(2019-2020)

CIR.No: SACET/NSS/CIR/C05

Date: 23.10.2019

It is to inform that NSS team organizing a programme on “**A Sound Mind in a Sound Body**” on 25-10-2019 in our college campus. The concerned department faculties and NSS volunteers are requested to attend without fail.


23/10/19

NSS PROGRAM OFFICIER
(J RAMESH)


23.10.19
PRINCIPAL

Dr. R. AROKIADASS, M.E., Ph.D.,
Principal,
St. Anne's College of Engineering & Technology,
ANGUCHETTPALAYAM,
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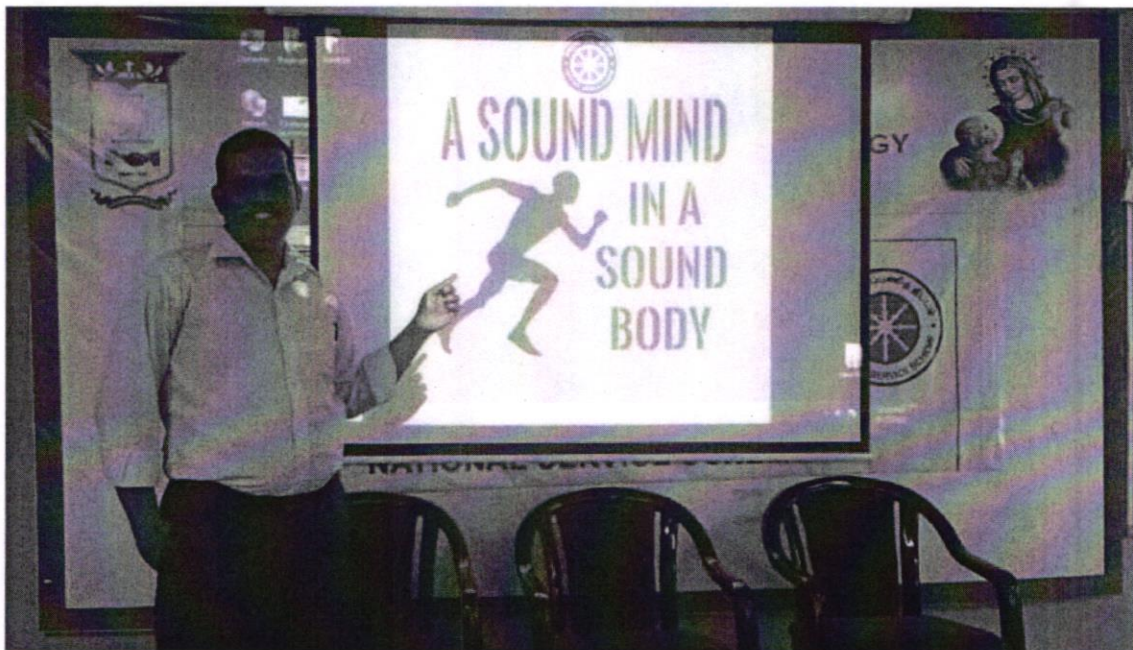
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A SOUND MIND IN A SOUND BODY REPORT

Date: 25-10-2019

Place: Panruti

Our college NSS unit organized a one day Awareness programme on “A Sound Mind in a Sound Body” on 25/10/2019 for the NSS students in our college Conference hall. The programme started at 10.00 am with prayer song. Our College Principal Dr. R. Arokiadass felicitated the gathering. Our NSS Programme Officer Mr. J. Ramesh AP/EEE gave awareness speech on a Sound Mind in a Sound Body about Good health, Balanced diet, Benefits of daily Yoga and Exercise. He emphasized the students to concentrate on healthy habits for healthy body and mind strength. He also discussed various diets food items to keep our body healthy and hygiene.



And Motivational video telecasted based on good health, strong mind, good heart and soul. Prof. Dr. A. John Peter, HOD of Science and Humanities and other NSS members attended the programme. Finally, the program ended with vote of thanks by the S. Durai Raj AP/ECE, NSS staff.

R. Arokiadass
25.10.19
Dr. R. AROKIADASS, M.E., Ph.D.,
Principal,
St. Anne's College of Engineering & Technology,
ANGUCHETTPALAYAM,
Siruvathur-(Post), Panruti-(T.K),