



BON SECOURS ARTS AND SCIENCE COLLEGE FOR WOMEN

(Affiliated to Mother Teresa Women's University, Kodaikanal)

Madurai main road, Begambur (PO), Dindigul – 624 002.

DEPARTMENT OF PHYSICAL EDUCATION

Annual Sports Meet Report – 2026

The 7th Annual Sports Meet of Bon Secours Arts and Science College for Women, Dindigul, was held on 28th July 2026. The event witnessed enthusiastic participation from students, faculty members, and staff, making it a memorable day filled with energy, sportsmanship, healthy competition, and teamwork. The Sports Meet aimed to promote physical fitness, discipline, leadership, and unity among students through various athletic events, with the following objectives.

- ❖ To promote physical fitness and a healthy lifestyle among students.
- ❖ To encourage sportsmanship, discipline, and fair play.
- ❖ To develop teamwork, leadership, and cooperation.
- ❖ To identify and nurture students' sporting talents
- ❖ To foster unity, friendship, and healthy competition among students.
- ❖ To motivate students to actively participate in sports and extracurricular activities.

Report:

The programme commenced with Prayer Song followed by a Tamil Thai Vazhthu performed by the college choir. **Rev.Sr.Anto Princy** delivered the Welcome Address and warmly welcomed the Chief Guest, Guest of Honour, Secretary, Principal, Sisters, Faculty Members, Students, and all dignitaries. The dignitaries were honoured with shawls and mementoes as a token of respect. The Chief Guest, **Mr.S.Jeyakumar, IPS**, unfurled the National Flag. The Guest of Honour, **Mr.R.Siva, District Sports Officer**, unfurled the Olympic Flag, and Rev. **Sr.Dr.Nesa Soundaram** unfurled the College Flag. The four houses presented an impressive March Past, displaying remarkable discipline and coordination. The Olympic torch was lighted by Mr.S.Jeyakumar and carried around the ground by Ms. J Monisha Tarani (II BA History), Ms.S.Subhashini, (III B.Com), Ms.V.Vincy (II MA English), and finally lighting the Olympic flame was by Ms.S.Harini (III BA English). Ms.Jerlin (III B.Com CA), College president and 4 group captains took the oath. After oath taking ceremony the Chief Guest officially declared the Annual Sports Meet open by releasing doves. A group of students performed the classical dance. It was amazing to watch the vibrancy and softness of Bharatanatyam. It symbolized the Tamil Culture and Tradition. The Annual Sports Report was presented by Ms.Chitra, Physical Director, highlighting the

sports achievements and activities during the academic year. The Mass Drill, Yoga, Aerobics, Zumba Dance, and Pyramid performances were enthralling and exciting. The students showcased their talents with great enthusiasm and coordination. The Presidential Address was delivered by **Dr.S.Gayathri, Principal**. The Chief Guest, **Mr.S.Jeyakumar IPS**, delivered an inspiring address emphasizing importance of sports. He encouraged the students to actively participate in sports and develop leadership qualities, discipline, team work, self-confidence and decision- making skills. He also highlighted that these qualities help students achieve success in both their personal and professional lives. Many track and field events and team events were conducted for students, teaching staff, non-teaching staff, supporting staff, and transport staff. The events included the 100 m, 200 m, 400 m, Relay, Shot Put, Discus Throw, Javelin Throw, Volleyball, Handball, Kho Kho, and Kabaddi. All the participants took part with great enthusiasm and sportsmanship. **Mr. R. Siva, District Sports Officer**, delivered the Address. He explained the importance of sports and highlighted the opportunities available through the sports quota for higher education and government jobs. He encouraged the students to actively participate in sports and make use of these opportunities for a successful future. A Special Address was delivered by **Rev.Fr.Sebastian Jacob SDB**. He spoke about the importance of sports and encouraged the students to participate actively in sports. Prizes were distributed to the winners by the Chief Guest and the Guest of Honour. In the March Past competition, SAINA NEHWAL (R) House emerged as the Winner and EVERGREEN (G) House secured the Runner-up. This was followed by the Mass Drill competition, in which SAINA NEHWAL (R) House emerged as the Winner, while SANIYA MIRZA (Y) House secured the Runner-up position Overall Championship was bagged by ELAVENIL.V (B) House and the Runners by SANIYA MIRZA (Y) house. The winners were honoured with medals and certificates. The ELAVENIL.V (B) house took the “Victory March” around the ground. Dr.Josephine Celine Mary, Asst Prof of Tamil proposed the Vote Thanks and expressed her gratitude to everyone who contributed to the successful conduct of the Annual Sports Meet. The programme concluded with the College Anthem, followed by the National Anthem.

Programme Outcomes:

- ❖ Students developed sportsmanship and team spirit.
- ❖ Physical fitness and self-confidence were enhanced.
- ❖ Leadership and discipline were strengthened.
- ❖ Hidden sporting talents were identified and encouraged.
- ❖ The Sports Meet concluded successfully with active participation and enthusiasm from all.

ANNUAL SPORTS MEET – 20.07.2026



PRINCIPAL