



**CHELLAMMAL WOMEN'S COLLEGE
OF THE PACHAIYAPPA'S TRUST
UNIVERSITY OF MADRAS AFFILIATED
NATIONAL SERVICE SCHEME
Event: National Sports Day Celebration**



Date: 29.08.2025

Venue: Chellammal Women's College

Organized by: NSS Units I, II & III, Chellammal Women's College

The National Service Scheme (NSS) Units of Chellammal Women's College organized a programme on 29th August 2025 to commemorate National Sports Day, in honour of the birth anniversary of Major Dhyan Chand, the legendary Indian hockey player. The initiative was aimed at promoting physical fitness and holistic well-being among students, while emphasizing the critical importance of regular exercise in daily life. Approximately 50 NSS volunteers participated in the programme. The event comprised an awareness session on fitness, encompassing walking, stretching, yoga, and home-based exercises, with a focus on their contribution to physical and mental health, productivity, and disease prevention.

This was followed by a demonstration of simple and accessible exercises, encouraging the integration of physical activity into daily routines. The session concluded with the administration of a Fitness Pledge, wherein participants committed to maintaining an active lifestyle and inspiring others to adopt similar practices. The programme effectively fostered a sense of personal accountability towards health, promoted sustainable fitness habits, and underscored the significance of sports and physical activity in contemporary life. Overall, the celebration not only served as a tribute to Major Dhyan Chand but also reinforced the NSS's objective of nurturing students' holistic development through the adoption of disciplined, health-oriented practices.

NSS Programme Officers

1. Dr. S. SUSA – Unit II 

2. Dr. Ananda Priya – Unit III 

3. Dr. J. Velankanni Sumathi – Unit I 



PRINCIPAL

**PRINCIPAL
CHELLAMMAL WOMEN'S COLLEGE
OF THE PACHAIAPPA'S TRUST
GUINDY, CHENNAI - 32.**





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**NATIONAL SERVICE SCHEME
PHOTO GALLERY - National Sports Day Celebration**

Date: 29.08.2025

Venue: College Campus

