

NSO CAMP 2016-17 REPORT

Personality and Character Development Programme under that NSO camp for the year 2016-17 was held at CEG, Campus, Anna University, Chennai -25 from 20th to 29th June, 2017. The camp was inaugurated by the Secretary, Anna University Sports Board.

From MIT campus 87 men students and 27 women students actively participated in this programme. 5 Men and 2 Women senior volunteers have also participated in this camp programme.

Men students were made to accommodate at Sembaruti (Block III) hostel and food was arranged at CEG Mess. The food was hygienic and unlimited. Women Students were accommodated at AC.Tech Women's Hostel and food was arranged at AC.Tech mess. The food was hygienic and unlimited.

The camp begins 6 am with prayer followed by Roll call. From 6.15 am to 7 am all the students were given general fitness and conditioning programmes. From 7 am to 8 am, they were given training as per their allotted games. The students have undergone training in Badminton, Basketball, Ball Badminton, Cricket, Football, Hockey, Handball, Kho-Kho, Kabaddi, Table Tennis, Tennis, Volleyball, Rugby, Silambam, Softball and Yoga.

8.15 am to 9.15 am breakfast was served.

10.15 am to 12.45 noon Guest lectures are arranged. Eminent scholars from different fields are called for presenting the Guest lectures. Fire safety programme was arranged and personnel from Tamil Nadu Fire and Rescue department gave demonstration.

Learn to Swimming programme was introduced and 20 students from MIT campus learned the basic swimming style.

From 12.45 noon to 1.45 pm lunch and 1.45 pm to 4.15 rest was given.

Evening 4.30 pm to 6.30 pm Specific Games Conditioning and games training was given.

29th June, 2017 the camp fire programme was organized. The Chairman, Anna University Sports Board presided the programme. Students performed cultural activities.
