

## **7.1.9 Sensitization of Students and Employees of the Institution to the constitutional obligations: Values, Rights, Duties and Responsibilities of Citizens..**

### **DETAILS OF ACTIVITIES**



PARISUTHAM INSTITUTE OF TECHNOLOGY AND SCIENCE,  
KAMARAJ NAGAR, NH-67, RINGROAD, NANJIKOTTAI,  
THANJAVUR – 613006, TAMIL NADU

Parisutham Institute of Technology and Science undertake different initiatives by organizing various activities to sensitize students and employees to the constitutional obligation: Values, Rights, Duties and responsibilities of the citizens.

Every year Republic day is celebrated on 26th Jan by organizing activities highlighting the importance of Indian Constitution. Similarly constitution day also would be celebrated on 26th Nov every year. Independence Day is also celebrated every year to highlight struggle of freedom and importance of Indian constitution.

### Republic day celebration on 26.01.2020



### Republic Day celebration on 26.01.2019





**Independence Day celebration on 15.08.19**



**Independence Day celebration on 15.08.18**



The personality development of the citizen in the aspects intellectual, mental, physical and spiritual is a rich heritage of our composite culture and is an elixir for all social ills. As an initiative of this, the institute conducts Yoga, Aerobics and Art of living classes.

Studying for long hours on a desk could not only hurt our spine but also make us feel tired at the end of the day. Hence Parisutham Institute of Technology and Science made Yoga classes made compulsory to the Students. It Increases flexibility, boosts metabolism, Increases blood flow, Keep diseases at bay, Increases self-esteem

### Sample photographs of Yoga classes







**Sample photograph of Aerobics class**



A 5-day "Art of Living" Programme for IV year students. Conducted by Mr.Sathish Master from Shri Ravi Shankar Peace foundation from 12<sup>th</sup> September 2017 to 16<sup>th</sup> September 2017.





**A 5-day (24.9.2018 to 28.9.2018) "Art of Living" Programme for IV year students, conducted by Mr.Sathish Master.**



## Constitutional Day

On 26th Nov 2019, Constitution day was celebrated at PITS, by inviting Prof A.SUSAI RAJ – Controller Of Examination- PITS, the retired Professor of Economics, St. Joseph's college, Trichy. He narrated the fundamental rights, Duties, Values and responsibilities of citizens as stated in Constitution of India. He appealed to all to remember the struggle of freedom and respect the National Flag and National Anthem. Our constitution provides for human dignity, equality, Social justice, Human rights and freedom, Rule of law, equity and respect and superiority of constitution in the national life .The whole country is government on the basis of the rights and duties enshrined in the Constitution of India.



Prof A.SUSAI RAJ (COE- PITS) delivered a lecture on Constitutional day (26.11.19)



## ROUTINE OBLIGATIONS OF PITS

Our Institution has some routine obligations like hoisting the flag every day in the morning 7am, and having one minute silent prayer on all days from 8.31am to 8.32am before start a day, this has been practiced in our Institution since 7 years, which is initiated by our Civil department Students after made an industrial visit to Universal Peace Foundation – Thirumoorthy Hills located at Udumalaipet.

  
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