

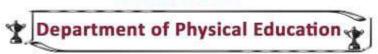
The Standard Fireworks Rajaratnam College for Women (Autonomous)



(Affiliated to Madurai Kamaraj University, Re-accredited with 'A+' grade by NAAC, College with Potential for Excellence by UGC and Mentor Institution under UGC PARAMARSH)

G2

SIVAKASI.



FIT INDIA WEEK-2023 CELEBRATIONS

Date: 11.12.2023 to 15.12.2023

TIME: 3.30 P.M. TO 4.30 P.M. VENUE: INDOOR STADIUM, SFRC

Chief Patrons

Tmt. Thilagavathy Ravindran, President Tmt. Aruna Ashok, Secretary

Patron

Dr.(Mrs)R.Sudha Periathai, Principal

Convenors

Dr.(Mrs)S.Vijayakumari, Physical Directress Ms.V.Sasi Priya, Assistant Physical Directress

Student Co-ordinators

V.Prema latha, I.M.A.English A.Kanirathinam, II.B.Sc., Maths

All are cordially invited

PROGRAMME

11,12,23

Yoga and Meditation

12.12.23

Fit India Pledge

13.12.23

Indegenous Game-Chess Competition

14.12.23

Fitness assessment through Mobile App

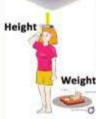
15.12.23

Essay Writing Competition











FITNESS IS EASY

FITNESS IS FUN

