



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)

SIVAKASI.



Department of Physical Education

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

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**

All are cordially invited



FITNESS IS EASY



FITNESS IS FUN

