

# SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University  
Tiruchirappalli

Accredited with A+ by NAAC (4<sup>th</sup> cycle)



## Vasantham Fitness Club

cordially invites you to

### *Stretch to Rhythm - An Aerobic Workshop*

#### Resource Person

**Dr.D. BOOPATHY**

M.P.Ed., M.Phil., NIS., Ph.D.

Assistant Professor

Department of Physical Education and  
Sports Sciences

National College, Tiruchirappalli.



Date : 21/09/2023

Time:10.30 a.m.- 12.15 p.m.

Venue:Manicka Vinayagar Open-Air Theatre

