



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University
Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)



Vasantham Fitness Club , Recreational Games Club
&

Martial Arts Club

in collaboration with

Internal Quality Assurance Cell

organises a

STRETCH TO RHYTHM - AN AEROBICS EXERCISE

A Special Wellness Programme

For Hostel Students

Resource Person



Dr.D. BOOPATHY

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

Assistant Professor

Department of Physical Education &
Sports Sciences

National College, Tiruchirappalli.

Date : 03/02/2025 - 05/02/2025

Time : 4.00 p.m. - 5.30 p.m.

Venue : Manicka Vinayagar Open-Air Theatre

Programme

03.02.2025

Prayer

Department of Music
Seethalakshmi Ramaswami College

Welcome Address

Dr. T. Suthamathi

Associate Professor/ Physical Directress
Seethalakshmi Ramaswami College
Tiruchirappalli

Presidential Address

Dr. M. V. Alli

Principal
Seethalakshmi Ramaswami College
Tiruchirappalli

Keynote Address

Dr. D. BOOPATHY

M.P.Ed., M.Phil., NIS., Ph.D.
Assistant Professor
Department of Physical Education & Sports
Sciences
National College, Tiruchirappalli.

05.02.2025

Vote of Thanks

Dr.A.S.Maheswari

Associate Professor and Head
Research Department of Zoology
Seethalakshmi Ramaswami College
Tiruchirappalli