

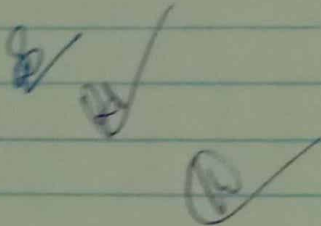
SRI SARADA COLLEGE OF EDUCATION (AUTONOMOUS), SALEM-16
REACCREDITED BY NAAC WITH “A” GRADE (III Cycle)



REPORT OF PHYSICAL FITNESS CLUB

Circular

Under the auspices of the college,
"Physical Fitness Club" Inauguration function will
be held in the multipurpose hall on 13.04.2017
at 11:00 AM. We cordially invite you all to
grace the occasion.



Report

On 13.04.2017, "Physical fitness club" Inaugural function was held in multipurpose hall at 11:00 AM. The participants of the various programmes are given below

Welcome Address : R. Karthika



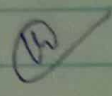
Speech : M. Saramiya

Note of thanks : R. Amitha

For
S. S. An
for PRINCIPAL
Sri Sarada College of Education
(Autonomous)
SALEM-636 016

Circular

under the auspices of the college, there will be meeting of Physical fitness club on 18.09.2017 at 11:00AM to conduct fitness activity in college play ground and multipurpose hall. We cordially invite you all to grace the occasion.

Report

On 18.09.2017 Physical fitness activities was conducted in the college play ground and multipurpose hall at 11:00AM. The activities of the programme given below

Welcome Address

Activities


Jump ROPE

Aerobic Exercise

Vote of Thanks



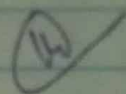
for

S. S. U.


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Circular

Under the auspices of the college, "Physical Fitness Club" Inauguration function will be held in the multipurpose hall on 9.3.2018 at 10:30AM. We cordially invite you all to grace the occasion

Report

on 9.3.2018 "Physical fitness club"
Inaugural function was held in multipurpose hall at
10:30 AM. The participants of the various programmes
are given below

Welcome Address : A. Arunadevi

PPT about Physical : B. Dhruva
Fitness



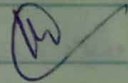
Vote of Thanks : S. Anandhi

S. S. S. S.

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Circular

under the auspices of the college, "Physical fitness club" inauguration function will be held in the multipurpose hall on 17.8.2018 at 10:30 AM. We cordially invite you all to grace the occasion.

Report

On 17.8.2018, "Physical Fitness club" Inaugural activities was held in multipurpose hall at 10:30 AM. The activities of the programme given below:

Welcome Address

Activities

Tread Mill

Aerobic exercise

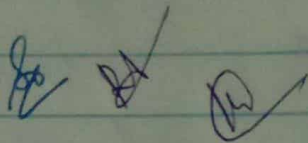
Vote of Thanks

S. S. Srinivasan

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Circular

under the auspices of the College,
"Physical fitness club" Inauguration function
will be held in the multipurpose hall on
20.3.2019 at 11:00 AM. We cordially invite you
all to grace the occasion.



Report

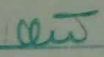
On 20.3.2019 "Physical Fitness club"
Inaugural function was held in multipurpose hall
at 11:00 AM. The Participants of the various
Programmes are given below

Welcome Address : S. Ramya

Speech : N. Vidhya

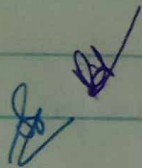
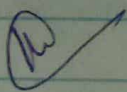
Vote of Thanks : N.S. Sudhanaya

✓

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Circular

under the auspices of the College, there will be meeting of Physical Fitness club on 8.8.2019 at 11:30 AM to conduct fitness activity in college play ground and Multipurpose hall. We cordially invite you all to grace the occasion.

Report

On the 8.8.2019 Physical fitness activities was conducted in the college play ground and multipurpose hall at 11:30AM. The activities of the program given below

Welcome Address

Activities

Abdomen exercise

Aerobic exercise


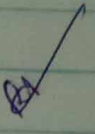

Vote of Thanks

S. S. *sw*

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Circular

Under the auspices of the college,
"Physical Fitness Club" Inauguration function
will be held in the multipurpose hall on
22.04.2020 at 10:30 AM. We cordially invite
you all to grace the occasion

Report

On 22.04.2020 "Physical fitness club" Inaugural function was held in multipurpose hall at 10:30 AM. The participants of the various Programmes are given below

Welcome Address : G. Abirami

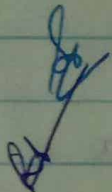
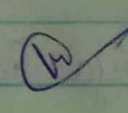
PPT about Physical Fitness : P. Shwetha

Vote of Thanks : V. Pranjana

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Circular

Under the auspices of the college, there will be meeting of Physical fitness club on 25.08.2020 at 11:00 AM to conduct fitness activity in college play ground. We cordially invite you all to grace the occasion.

Report

On the 25.08.2020 Physical Fitness activities were conducted in the College Play ground at 11:00AM. The activities of the Programme given below:

Welcome Address

Activities

Rowing

Aerobic Exercise

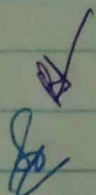
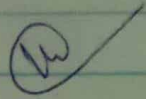
Vote of Thanks

S. S. Srinivas

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Circular

Under the auspices of the college, "Physical Fitness Club" inauguration function will be held in the multipurpose hall on 15.3.2021 at 10:30 AM. We cordially invite you to all grace the occasion.

Report

On 15.3.2021, "Physical Fitness Club" Inaugural function was held in Multipurpose hall at 10:30 AM. The participants of the various programmes were given below

Welcome Address : S. Ramya

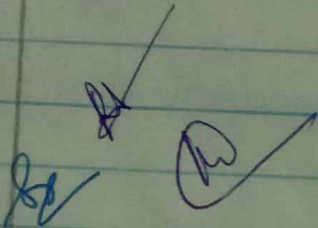
Speech : V. Chenna Saranya

Vote of Thanks : B. Ramyadevi

S. S. S. S.
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Circular

Under the auspices of the College, there will be meeting of Physical fitness club on 24.8.2021 at 11:30 AM to conduct fitness activity in College play ground. We cordially invite you all to grace the occasion.

The block contains two handwritten signatures or initials in blue ink. The one on the left is a stylized signature, and the one on the right is a circular mark with a horizontal line extending from it.

Report

On 24.8.2021 Physical fitness activities was conducted in the college play ground at 11:00 AM. The activities of the programme given below.


Welcome Address

Activity

Twisting

Aerobic Exercise

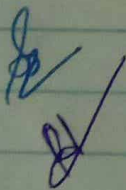
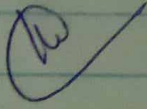
Vote of Thanks

S. S. 

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Circular

Under the auspices of the college,
"Physical Fitness Club" Inauguration function will
be held in the Multipurpose hall on 24.02.2024
at 10:30 AM. We cordially invite you all to grace
the occasion.

Report

On 24.02.2022, "Physical Fitness club" Inaugural Function was held in Multipurpose hall at 10:30 AM. The Participants of the various Programmes were given below

Welcome Address: Navikamishka . S

PPT about Physical : Merika . P
Fitness

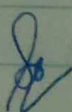

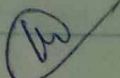
Vote of Thanks : Reshma . R

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Circular

Under the auspices of the College, there will be meeting of physical fitness club on 22.08.2022 at 10:00AM to conduct fitness activity in college play ground. We cordially invite you all to grace the occasion.

Report

On 22.08.2022 Physical fitness activities was conducted in the college play ground at 10:00 AM. The activities of the programme given below.

Welcome Address

Activities

Jump ROPE

Tread Mill

Aerobic exercise

Vote of Thanks

S. S. An

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