

(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

Fit India Freedom Run

Annexure- I

VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE

An Autonomous Institution, Affiliated to Madurai Kamaraj University
Re-accredited with 'A' Grade by NAAC Low Cost Access to High Quality Education Department of Physical Education

CIRCULAR

Platinum Jubilee Celebration of our College / Our Nation's 75th year of Independence

Fit India Freedom Run 2.0 / 75 km Challenge

Greetings,

To commemorate the Platinum Jubilee of our college and also our Nation's 75th year of Independence, the department of Physical Education has proposed to organize a "Fit India Freedom Run 2.0" programme, to spread awareness of physical exercise and move towards Fitter, Healthier & Happier

Target Group: Our College staff members (Teaching and Non teaching)

Rules and Regulations:

- 1. The programme commences on September 1,2021 at 3.30pm and ends on December 31,2021 at
- 2. 4.30 pm.
- 3. Participants are directed / instructed to complete 75km distance during this period.
- 4. Participants who complete 75 km distance will be honoured with certificates, they can cover this distance by running on the 400 meters standard track of our college on all working days. A maximum of 5 laps will be recorded in a day.
- 5. Distance covered by individuals will be recorded on a register kept at the Department of Physical Education.
- 6. The standard operating procedure (SOP) of Covid -19 will be strictly adhered during this Platinum Jubilee run program.
- 7. Registraion will open on 27.08.2021 at free of cost.
- 8. Registration Link: https://forms.gle/mWhuKsWkh9JigR7u6

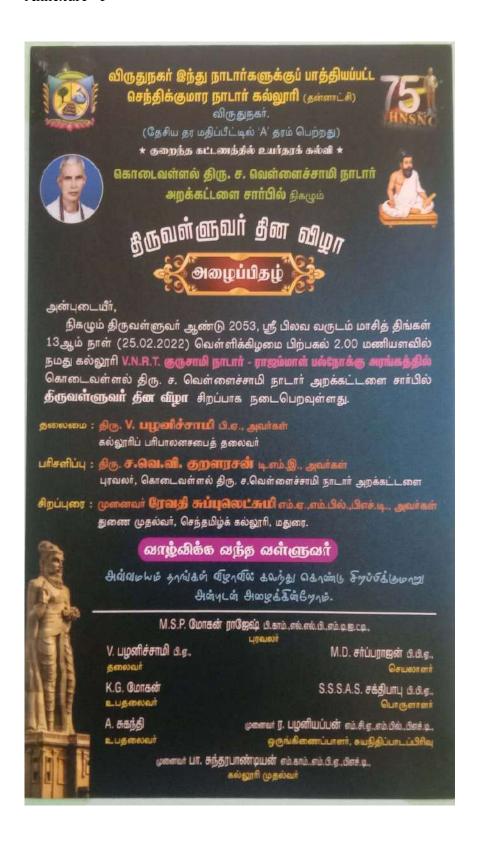
All are cordially invited.

To

All Staff members through H.O.D. & Office Superintendent

Thiruvalluvar day-25.02.2022- Invitation

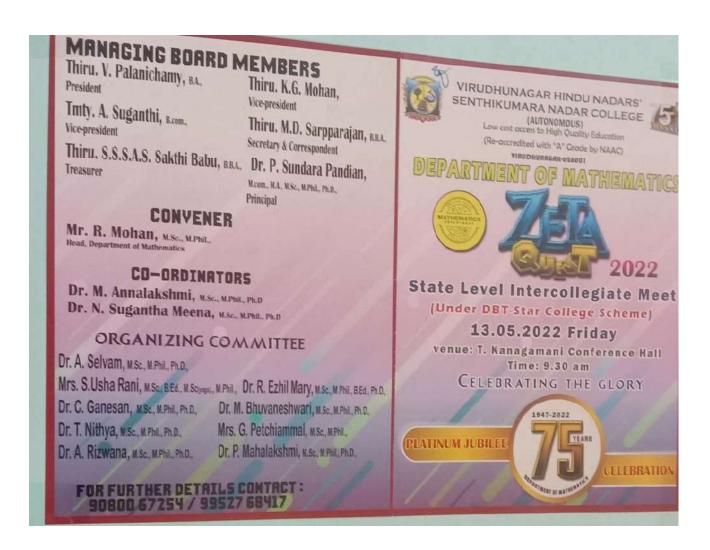
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ZETA QUEST-2022

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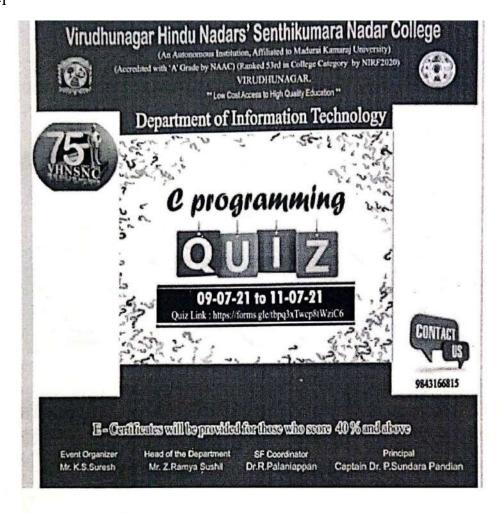
PaarambariyaThiruvizha/ Traditional Festival

Annexure- I

வி. இ. நா.டுக்குக்குமாற நாடார் கன்னூரி (தன்னாட்கி) 75 வது யல்ள விழா ஆண்டு கொண்பாட்ட நிக்குவு มกฎนับเกินดั ผู้เลือกเลก - 22.05.2022. Paarambanja Thomeii zha
Praditional Festival

It Online Quiz-Invitation

Annexure-I





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One day Self-employment Programme – Invitation





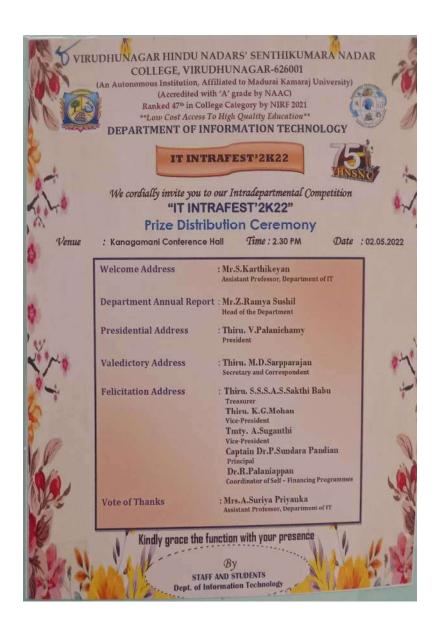
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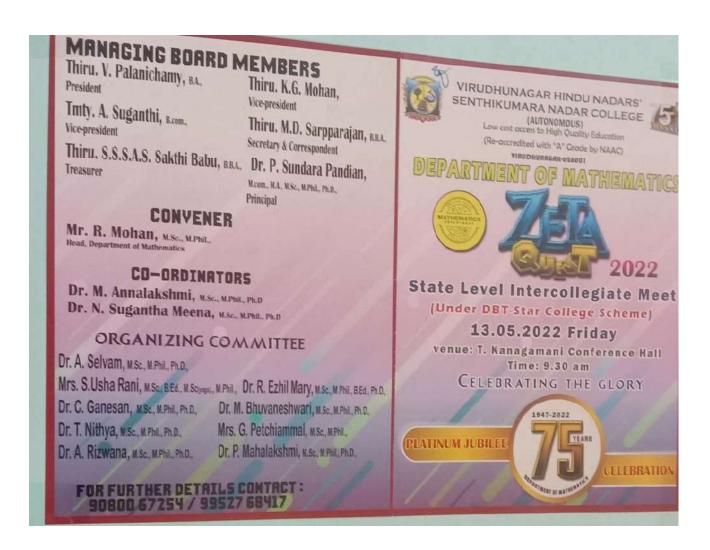
IT INTRAFEST "2K22"- Invitation



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ZETA QUEST-2022

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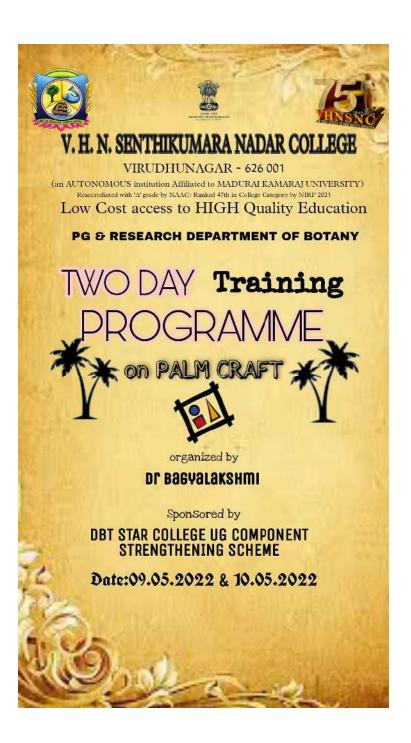




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Two days training programme on herbal Products, Palm craft and Baking and confectionary – Invitation

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World Book and Copyright day - Invitation

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