

# PERUNTHALAIVAR KAMARAJAR ARTS COLLEGE



(An Institution functioning under the aegis of  
Pondicherry Society for Higher Education)

(Accredited by NAAC with 'B' Grade)

Kalitheerthalkuppam, Puducherry - 605 107.



## IQAC & THE DEPARTMENT OF PHYSICAL EDUCATION

*Cordially invites you to a One-Day Workshop  
on*

**Physical Fitness: A Holistic Development  
(Rejuvenation Program for wellness)**

Mr. **C. Vijay**

Founder & CEO of Smart 7 Wellness, Health Facilitator,  
Physical Education Consultant & Wellness Consultant  
Abiramapuram, Chennai - 600 033.

*has consented to deliver a special talk*

### STUDENTS

- \* Self Realisation
- \* Leadership
- \* Body Awareness
- \* Mind Game
- \* Self Esteem
- \* Fitness

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### TEACHERS

- \* Rejuvenation
- \* To overcome Pain
- \* Self Relaxation
- \* Health Assessment
- \* Simple Routine Exercise

Dr. **S. Babu**

Principal

*will preside over the function*

*Venue:* Seminar Hall, PKAC, Kalitheerthalkuppam.

*Date:* 08.08.2019

*Time:* 10.00 A.M. - 4.00 P.M.