



# IQAC AVADH GIRLS' DEGREE COLLEGE

Cordially invites you to

## TWO DAY WORKSHOP

On

## Fitness through Rythmic Activities

Date - 10th & 11th Oct 2023

Time - 10 am -11am

Venu - College Auditorium



**Students from all Colleges  
are welcome to participate  
in the workshop.**



**All participants  
will get participation  
certificate.**

**Resource Person**

**Mr. Deepak Maurya**

Black belt in  
**Taekwondo**

**Ms. Sonal Gautam**

International  
**Boxing Player**

**Organised by**

Department of Physical Education

Balika Health club

&

National Cadet Corps

**PROF. BINA RAI**

**Principal**