



Avinashilingam

Institute for Home Science and Higher Education for Women

University

(Estd. u/s 3 of UGC Act 1956)

Coimbatore - 641 043, Tamil Nadu, India

(Deemed University under Category 'A' by MHRD)

Re-accredited with 'A' Grade by NAAC



MSSC - Discover Life thro' Sports

General Fitness

Yoga, Aerobics, Speed,
Strength, Endurance
Stretching, Strengthening,
Zumba & Swiss Ball
Workouts

Self -Defence

Kalari Payattu,
Kung-fu, Fencing,
Silambam, Taekwondo
& Boxing



Games & Sports

Athletics, Basketball,
Badminton, Cricket,
Kho-Kho, Volleyball,
Tennis, Football,
Handball & Kabaddi

Traditional Games

Pambaram,
Paramapatham,
Tipri, Gillidhanda,
Pallanguzhi, Nondi
& Fun Games

Multi-Sport Summer Camp

Level I & II (Beginners & Advanced Level)

Date : 27th April - 06th May 2017

Girls & Boys (8 to 14 Yrs.)

Venue : Ayya Avinashilingam Nagar, Varapalayam, Thadagam (PO), Coimbatore - 641 108.

Contact : 99433 11991, 98430 76286, 94438 99118

* Transport Facilities Available

* Registration Fee Inclusive off Food & Transport

Multi Sport Summer Camp 2017

Level II - Advanced Level | Specialization in any one Sport) - Programme Schedule

27th April to 06th May 2017

Date	Days	Session I 7.30 am to 8.30 am	Session II 10 am to 11.00 am	Session III 11.15 am to 12.00 pm	Session IV 3.00 pm to 3.30 pm	Session V 3.45 pm to 5.45 pm	
27.04.17	Day 1	Registration & Ice Breaking		Pre Camp Fitness Testing			
28.04.17	Day 2	Warm-up in Rhythmics	Frisbee	Session on	Athletics	Pallanguzhi & Gollikundu.	
29.04.17	Day 3	Aerobics	Kung fu		Kho-Kho	Gilli Dhanda	
30.04.17	Day 4	Yoga	Taekwondo		Cricket	Pambaram & Nondi	
1.05.17	Day 5	Gymnastics	Fencing		Football	Quiz	
2.05.17	Day 6	Trekking			Kabaddi	Seven Stone	
3.05.17	Day 7	Strength Exercise	Archery		Basketball	Mock Sports	
4.05.17	Day 8	Circuit Training	Kalari		Volleyball	Camp song	
5.05.17	Day 9	Stretching	Boxing		Post Camp Fitness Testing	Camp Fire	
6.05.17	Day 10	Core Strengthening	Silambam		Camp Valedictory		



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Multi-Sport Summer Camp

for Girls & Boys (8 to 14 Yrs.)

27th April to 6th May - 2017



MSSC - Discover Life thro' Sports

Nutritious Food & Energy Drinks will be provided for campers



Camp Fee : 4000/- (Incl. Food & Transport)

Hurry up for Registration

* Transport Facility Available from Kadakkavai Campus to Camp Site

Venue: Ayya Avinashilingam Nagar, Varapalayam, Thadagam (PO), CBE - 108.