



QUEEN MARY'S COLLEGE

(Autonomous)
CHENNAI – 4.

Department of Physical Education, Health Education and Sports

10.03.2025

Two days Workshop on Basic Skills in Gymnastics and Swimming organised at Aquatic Complex at Velachery on 06-07.03.2025 for the I & III year students by **Mr. Selva Maruthi**, Gymnastic Coach, SDAT demonstrated and explained all basic skills in Gymnastics to be performed and floors and balancing beam and **Mr. Chandra Sekar** Swimming coach of SDAT clearly explained and demonstrated the various styles, rules and regulations of swimming and our students were benefited and gained from workshop.

Workshop ended with practice session.