



**SEETHALAKSHMI RAMASWAMI COLLEGE**

**(Autonomous)**

**Tiruchirappalli**

**Accredited with A+ by NAAAC (4<sup>th</sup> Cycle)**



**PG & Research Department of Physics  
&**

**Dr. A. P. J. Abdul Kalam Science Club**



**Organizes a Workshop on the title**

**“Empower Your Holistic Fitness & Wellness  
Journey with Yoga”**



**Resource Person**

**Dr. T. Suthamathi**



**Associate Professor/Physical Directress  
Seethalakshmi Ramaswami College  
Tiruchirappalli**



**2.00 pm - 3.30 pm**



**13.02.2026**



**Manicka Vinayagar Open-Air Theatre**



**Platinum Jubilee**

